



## From the Director of the Office of Staff Wellbeing



UNIVERSITY OF ALBERTA  
FACULTY OF MEDICINE & DENTISTRY  
Department of Anesthesiology & Pain Medicine

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### From the Director of the Office of Staff Wellbeing: Wellness Newsletter & Survey

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— Hello everyone,

Thank you to everyone who has completed the Wellness survey so far. It won't take you all night... only 3 minutes, so if you haven't got to it yet, please go to <http://goo.gl/forms/BaBjxt47hTTPMo7n1> and complete the survey.

I have already received really useful information and creative suggestions (Paint Night anyone?). So please do participate. I will share the results next month.

In the meantime, if you are attending the CAS meeting look out for The President's Symposium: "*What is the Role of the CAS in Anesthesiologists' Health and Well-being?*"

Warm wishes,

Sue Reid  
Director, Office of Staff Wellbeing  
Department of Anesthesiology & Pain Medicine

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