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Join Us For Our First Annual Healthcare Wellness Retreat

The Armenian American Medical Society invites you to our first annual Healthcare Wellness Retreat taking place at the luxury Palm Springs resort, La Quinta Resort and Club, known for its spa, golf course, and wellness offerings set among 45 acres. Join us from May 19 to May 21 to learn about sensible health practices you can apply to your everyday life.

**** AAMS will provide (9) Continuing Medical Education & (9) Continuing Dental Education Credits ****



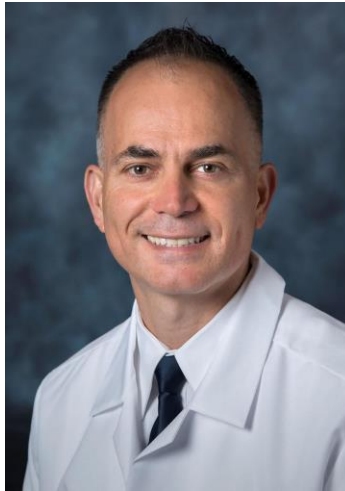
Designed by Colleagues For Colleagues

Our wellness weekend will include a variety of activities including short didactic lectures, group physical activities and individual physical treatments. Our unique program is built with practicality and intention to allow our members a little time out of the ordinary to focus on themselves. From discussions about decreasing burnout and the importance of our own health to physical activities such as Tai Chi, Kundalini Yoga and “Releasing your Frustrations,” this event will be interactive, fun and educational.

Physical Wellness Specialists including massage, structural integration, chiropractic and physical therapists will also provide complimentary individual treatments.

A Few of the Highlights of the Meeting

"Reclaiming the Joy of Medicine" With Dr. Alen Voskanian



Vice president and chief operating officer of Cedars-Sinai Medical Network, Dr. Alen Voskanian, will be speaking on "Reclaiming The Joy of Medicine: Finding Purpose Fulfillment and Happiness in Today's Medical Industry," addressing healthcare burnout and holistic remedies for improved wellness. Dr. Voskanian is board certified in Hospice and Palliative Medicine and Family Medicine, and is an HIV specialist certified by the Academy of HIV Medicine.

He has served as an innovation advisor for the Center for Medicare and Medicaid Innovation (CMMI) and provides oversight of clinical, administrative, and educational activities at CSMG with a focus of optimizing the patient-centered nature of the practice.

"Tackling Physician Burnout" With Dr. Ramella Markarian



Dr. Ramella Markarian will be speaking on physician burnout and ways in which physicians can combat burnout in their everyday lives. Dr. Markarian is the Vice President of Physician Recruitment, Business Development, and Growth and Strategies at Adventist Health Glendale, where she has recruited hundreds of skilled physicians from prestigious medical schools and residency programs to serve the communities of Glendale, La Crescenta, and La Cañada.

She holds a bachelor's degree in Business Administration, a Master's degree in Healthcare Administration and a Doctorate degree in Leadership from USC, where she completed her research and thesis on Physician Burnout.

"Cleanse Your Mind" With Chutney Berry

Chutney Berry has been practicing and teaching yoga for 27 years, helping clients achieve higher consciousness. Chutney will take us through a "Cleanse Your Mind With a Mental Shower" session, showcasing meditation and relaxation techniques.

Chutney's background includes meditation teaching at UCLA's Neuroscience department during clinical trials targeting the effects of meditation on dementia, memory loss, and Alzheimer's, and teaching on the use of meditation and yoga to address mental stress and imbalances.



"Urban Zen Integrative Therapy" With Zepure Kouyoumdjian



Zepure Kouyoumdjian is a Yogaworks 500 Hour certified instructor, Urban Zen Integrative Therapist, and Reiki Master practitioner and coach. She has been practicing yoga since 2005 and teaching since 2014.

She will take us through an "Urban Zen Integrative Therapy," session, which combines gentle movements

with breath awareness, body awareness meditation, and the use of essential oils, reiki healing hands, and restorative postures.

Sample Schedule — More Information to Follow

May 19, 2023 — Arrivals

May 20, 2023 — Wellness Retreat: 8:30 AM - 6 PM

Individual Physical Wellness Treatment Sessions: 10:30 AM - 6:30 PM

***One Treatment Per Person Per Day With Additional Treatments Possible Based on Availability**

May 21, 2023 — Wellness Retreat: 8:30 AM - 10:45 AM

Individual Physical Wellness Treatment Sessions: 10:30 AM - 2:30 PM

***One Treatment Per Person Per Day With Additional Treatments Possible Based on Availability**

Additional Features

Group Lunch: Laughter is Wellness with Comedian Lory Tatoulian

On Saturday, a special lunch is planned with comedian Lory Tatoulian. Lory Tatoulian is an instructor, creator, and writer of various comedy sketch installments that have toured nationwide.

Breakfast, lunch and coffee breaks on Saturday and refreshments and light bites on Sunday morning are all included in your registration fee.

PRICING

REGISTRATION FEE

For AAMS Members: No
Registration Fee

**For Non Healthcare
Guests of Members:** \$250
Registration Fee

**For Non-member
Healthcare
Professionals:** \$450
Registration Fee
**(Complimentary When
You Become an AAMS
Member)**

CONTACT INFO

CONTACT

For questions,
**sponsorship, and
exhibitions**, contact
Hasmik Keyribarian at
hasmik@aamsc.org or:

Text: 818 - 943- 4274

Call: 818 - 980 - 7777

****Important Info - We recommend comfortable attire to take part in all the physical activities designed to maximize the wellness of your body & mind! Don't forget to bring your yoga mat. ****

REGISTER TODAY



[BOOK YOUR ROOM HERE](#)

**[Book a Complimentary Treatment
\(Please Register Before Booking a
Treatment\)](#)**

Target Audience: All Healthcare Professionals.

The Armenian American Medical Society is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians and takes responsibility for content, quality, and scientific integrity of this CME activity.

The Armenian American Medical Society designates these live activities for a maximum of **(9)** hours of AMA PRA Category 1 Credit(s)TM. Physicians should only claim credit commensurate with the extent of participation in the activity.

Credits may also be applied to the CMA Certification in Continuing Medical Education.

The Armenian American Medical Society is accredited by the Dental Board of California to provide continuing dental education. The Armenian American Medical Society designates these live activities for a maximum of **(9)** hours of Continuing Dental Education.



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