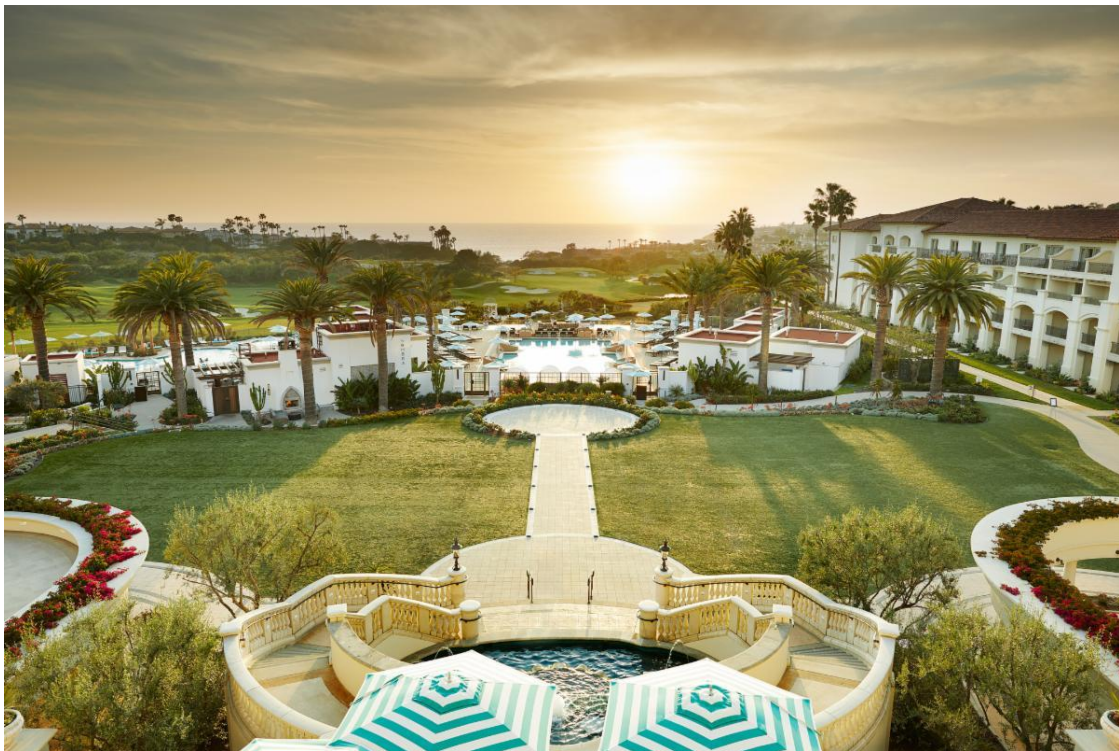




Join Us For Our 2nd Annual Healthcare Professional Wellness Symposium

The Armenian American Medical Society invites you to our 2nd annual Healthcare Professional Wellness Symposium, taking place at the luxurious Waldorf Astoria Monarch Beach Resort & Club. Known for its private beach club, elegant AAA Five Diamond retreat, and laid-back luxury, this venue offers the perfect setting for our event.



Designed by Colleagues for Colleagues

Our wellness weekend will include short didactic lectures, group physical activities, individual physical treatments, and more. Our unique program is built with practicality and intention, allowing our members to take a little time out of the ordinary to focus on themselves. The symposium will cover topics such as sleep and mental health wellness, discovering your strengths, the importance of a healthy heart, and personal physical health for longevity.

Additionally, we'll offer Primordial Sound Meditation and physical activities such as Armenian Zumba and EFT Tapping, making this event interactive, fun, and educational.

Physical wellness specialists, including massage therapists, acupuncturists, chiropractors, and a Reiki practitioner will provide complimentary individual treatments.

A Few of the Highlights of the Meeting

**"Mind Matters: Enhancing Physical Health
through Mental Wellness"
With Dr. Lara Shirikjian**



Dr. Lara Shirikjian is a board-certified psychiatrist in Los Angeles County. Currently, she is the Principal Investigator and Medical Director at Cenexel CNS, conducting clinical research for various neurological and psychiatric indications. She has been an investigator in over 200 phase I-IV studies. Dr. Shirikjian also has a private practice and supervises residents in the psychiatry department at the Harbor UCLA Medical Center. She is a member of various psychiatric organizations including the Schizophrenia International Research Society, the American Society of Clinical Psychopharmacology and American Psychiatric Association. She has volunteered her time with the Physician Support Line since the

start of the COVID-19 pandemic and the Armenian Mental Health Initiative, of which she is a founding member.

"Primordial Sound Meditation " With Michelle Arakelian



Michelle Arakelian's mindfulness journey began over a decade ago with Dr. Deepak Chopra's book "The Spontaneous Fulfillment of Desire," which introduced her to the Power of Intention. Passionate about yoga and meditation, she turned to The Chopra Center and discovered Primordial Sound Meditation. Now a Certified Primordial Sound Meditation Instructor, Michelle uses personalized mantras to promote happiness and health. With a Master's Degree in Instructional Design & Technology, she blends her educational and corporate background to teach ancient Vedic wisdom. Guided by the Law of Dharma, Michelle is dedicated to helping others cultivate stillness and tap into their Inner Intelligence.

"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, the use of essential oils, reiki healing hands, and restorative postures.



October 26, 2024 — Wellness Symposium: 10:00 AM - 6 PM

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

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

**Treatment bookings will be available
beginning September 1, 2024.**

Additional Features

Group Lunch: Laughter is Wellness with Comedian Mary Basmadjian as Vartoush

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.

** AAMS will provide (7) Continuing Medical Education or (7) Continuing Dental Education Credits **



BOOK YOUR ROOM HERE

Target Audience: All Healthcare Professionals.

The Armenian American Medical Society is accredited by the California Medical Association (CMA) to provide continuing medical education for physicians.

The Armenian American Medical Society designates these live activities for a maximum of **(7)** hours of *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with the extent of participation in this live activity.

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 **(7)** hours of Continuing Dental Education.

REGISTER TODAY

REGISTRATION FEE

AAMS Members: \$100

**Non-Healthcare Guest of an
AAMS Member:** \$150

**Non-Member Healthcare
Professionals:** \$250

**(\$100 when you become an
AAMS member)**

Lunch, refreshments, and treatments
are included.

MORE INFORMATION

CONTACT INFO

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

Text: 818 - 943- 4274

Call: 818 - 980 - 7777

www.aamsc.org

