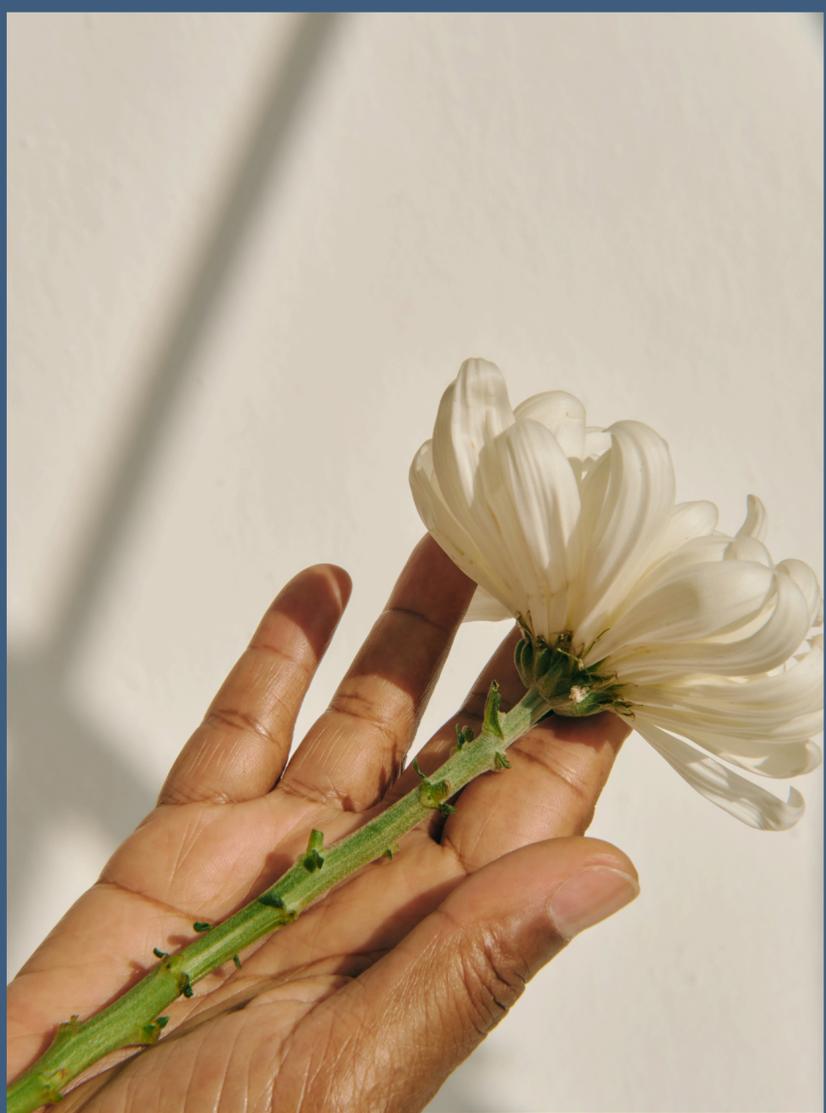


Organized by PEaCE (Program for Ethics and Care Ecologies)

Staying Well in Turbulent Times

Dr. Joanna Humphreys, Palliative Care Physician, McMaster Children's Hospital

December 16, 2025 | 12:00 - 1:00 pm



Joanna will speak to some of the challenges faced by health care professionals in today's current health care and global climate. The talk will offer time for reflection and practical tips to help support personal wellness as health care professionals navigate how to care for themselves, as they care for others.

Objectives:

1. To consider practical ways to support our well being as we navigate the turbulent times in our personal environment, health care system and our world
2. To take time to reflect on your own wellness
3. To commit to 1% changes that you can make to support yourself

[Join the Teams Webinar now](#)

Meeting ID: 287 177 692 514 76

Passcode: FM3be2Xy

Questions? Contact Sue Pantitis ext. 73661 or pantitise@hhsc.ca