



2019 Wellbeing Seminars

Mindfulness Based Stress Reduction Time Management Peer to Peer Support Personal Resilience NHS Practitioner Health Programme GP Burnout

15 October 2019

10am-4.30pm, Cedar Court Bradford

and

24 October 2019

10am-4.30pm, Pavilions of Harrogate

The full agenda will be shared soon

YORLMC will not charge a fee for this event, however we do request a £20 donation to the Cameron Fund – The GP's own charity, at the time of booking

Feedback from our previous conferences:

'Best conference I have been to' 'Excellent, inspiring day' 'Really informative'

TO BOOK VISIT: www.yorlmc.co.uk/events/9113 (Bradford) www.yorlmc.co.uk/events/9114 (Harrogate)