

Uniquely New Hampshire.....

A BURNOUT PREVENTION / TREATMENT PLAN

organized by the NH Professionals Health Program

for resourceful **HEALTHCARE PROVIDERS -
doctors, PAs, pharmacists, veterinarians and dentists
who like to SKI OR RIDE.**

Is it time to learn? <https://www.raggedmountainresort.com/Learn-To-Ski-Free/>



WEDNESDAYS (except blackout dates of 12/26/18 and 2/20/19)

9 am to 1 pm for \$39 with 1 non-HCP guest at the same price

Just bring your healthcare provider ID to the ticket window where you will also be charged \$5 for a re-loadable RFID card that can be re-loaded for up to 5 years

Please wear something **burnout orange** to identify yourself as part of the group.

Skiing and snowboarding with colleagues is a way to bond while combating the mental exhaustion and cynicism that accompany severe work stress or burnout. Getting into the flow on a run may carry over into your work week. While the EMR won't improve while skiing, your attitude towards it will; EMR is here to stay. Maybe you will learn some new survival tricks from others; maybe you will make a new friend; maybe you will just get exercise outdoors but you will certainly feel alive! Isolation is the enemy for healthcare providers so let's get out on the slopes together, before it is too late!

For questions: sgarhart@nhphp.org 603-491-5036