

KGH Wellness Committee

Physician Leads: *Dr. Deema Jassi*

Goal

- Funding for KGH Wellness Committee members for creating and managing events & resources for KGH Medical Staff

Outcomes

- Events for KGH Medical Staff that will encompass Mindfulness, Compassion Training, Civility and Flow (peak performance) Training

Budget approved: \$10,000

December 2023