**Vanderbilt University Medical Center**

**Women in Healthcare: The Pursuit of Wellness - 2024 CME**

Date: 09:00 September 11, 2024 - 07:00 September, 13, 2024

Location: Nashville, TN

**Accreditation**

 Vanderbilt University Medical Center is accredited by the Accreditation Council forContinuing Medical Education to provide continuing medical education for physicians.

**Credit Designation**

Vanderbilt University Medical Center designates this live activity for a maximum of 21.75 *AMA PRA Category 1 Credit(s)*TM. Physicians should claim only the credit commensurate with the extent of their participation in the activity

**Objectives**

After participating in this educational activity, you should be able to:

1 Empower women to reflect and self-assess their well-being

2 determine risk factors and strategies to prevent, reduce, or mitigate stress, burnout, and impairment

3 describe resilience, self-care, MBSR, and emotional intelligence

4 Engage in effective communication strategies: negotiation and conflict management

**Target Audience**

Other

**Americans with Disabilities Act**

It is the policy of Vanderbilt University Medical Center not to discriminate against any person on the basis of disabilities. If you feel you need services or auxiliary aids mentioned in the Americans with Disabilities Act in order to fully participate in this continuing education activity, please contact the Office for Continuous Professional Development (OCPD) to request assistance.

**Commercial Support**

This activity received no commercial support.

**Financial Disclosures**

VUMC CE activities are compliant with the Standards for Integrity and Independence in accredited continuing education. Any individual in a position to control the content of a CE activity, including but not limited to planners and faculty, are required to disclose all relevant financial relationships with ineligible organizations.All relevant conflicts of interest have been mitigated before this activity started.

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| --- | --- | --- |
| **Name of individual** | **Individual's role in activity** | **Nature of Relationship(s) / Name of Ineligible Company(s)** |
| Charlene M Dewey, MD | Activity Director, Faculty | Independent Contractor (included contracted research)-SVMIC (Relationship has ended) - 03/01/2024 |
| Eppiphanie Richardson | CME/CE Associate, Faculty | Nothing to disclose - 09/18/2023 |
| Qutina Watson, EdD | Faculty | Nothing to disclose - 11/16/2023 |

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Credit code must be texted to 855-776-6263 within 14 days. After texting, log in to **<https://vumc.cloud-cme.com>** and complete the event evaluation to complete claiming credit.

**To get started setting up a new account:**

* **For Non-Vanderbilt learners:  <https://vumc.cloud-cme.com> and select Sign In > Non-Vanderbilt University Medical Center > Don’t have an account?**
* **For Vanderbilt learners:  <https://vumc.cloud-cme.com> and select Sign In > VUMC Faculty and Staff**

**Texting for the first time? Pair your mobile phone to your CloudCME account.**

* **Text your email address as entered in your CloudCME profile to 855-776-6263.**
* **Text the provided code above to 855-776-6263 to claim credit.**

If you need assistance claiming credit, please contact

Eppiphanie Richardson

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or visit <https://vumc.cloud-cme.com/about/help>