



# CME Series

## FREE CME

The Ohio Physician Wellness Coalition (OPWC), which represents Ohio physicians and hospitals and focuses on addressing physician burnout, has 11 videos in its continuing medical education (CME) wellness video series. Each video has been accredited as enduring material for a maximum of 1.0 AMA PRA Category 1™ Credit. Videos are available through February 1, 2023 and are free to complete. More information on CME can be found here: <https://www.ohiophysicianwellness.org/cme>

Video topics include:

- The Benefits of Counseling & Therapeutic Support
- Time Management
- Boundaries for Healthcare Professionals
- The Power of Vulnerability
- Addiction: Diagnosis, Treatment, and Relapse
- The Science and Art of Gratitude
- Isolation and Socialization in Medical Professionals
- Mental Wellness for the Attending Physician
- Meditation and Mindfulness for Emotional Well-Being
- Mental Health Issues in Medical Students and Residents
- Balancing it All

*Physician Well-Being*

[Check these out today!](https://www.ohiophysicianwellness.org/cme)