

Communication Workshops & Well-Being Retreats

Each year residents participate in off-site Communication Workshops and Well-Being Retreats. The venue for each varies from a trail in the Gorge to a gym full of trampolines to tackling tough issues in health care. Here are examples of recent topics:

Communication Workshops

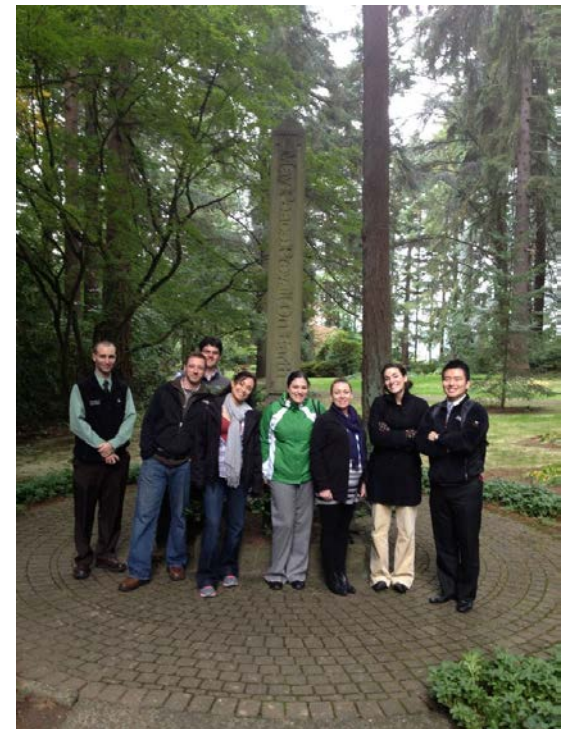
- *Transition to R2 Year: Becoming a teacher and leader*
- *Cross Cultural Health Care*
- *Transitions of Care*

Well-Being Retreats

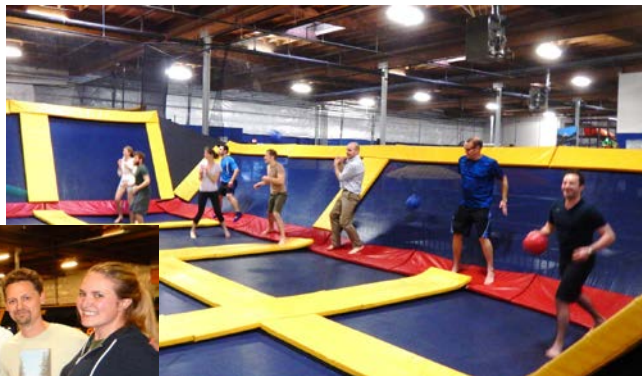
- *Columbia River Gorge Hike*
- *Trampoline Dodge Ball*
- *Foot Golf*

“[The major benefit of the retreat was] spending time with fellow residents outside of work. Also enjoying the Pacific Northwest!”

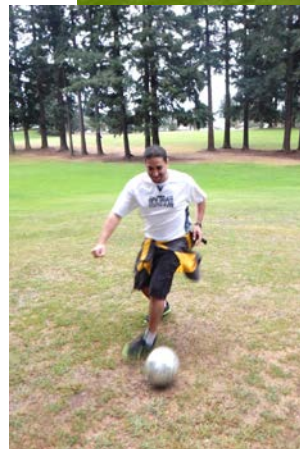
Resident



Well-Being Retreats



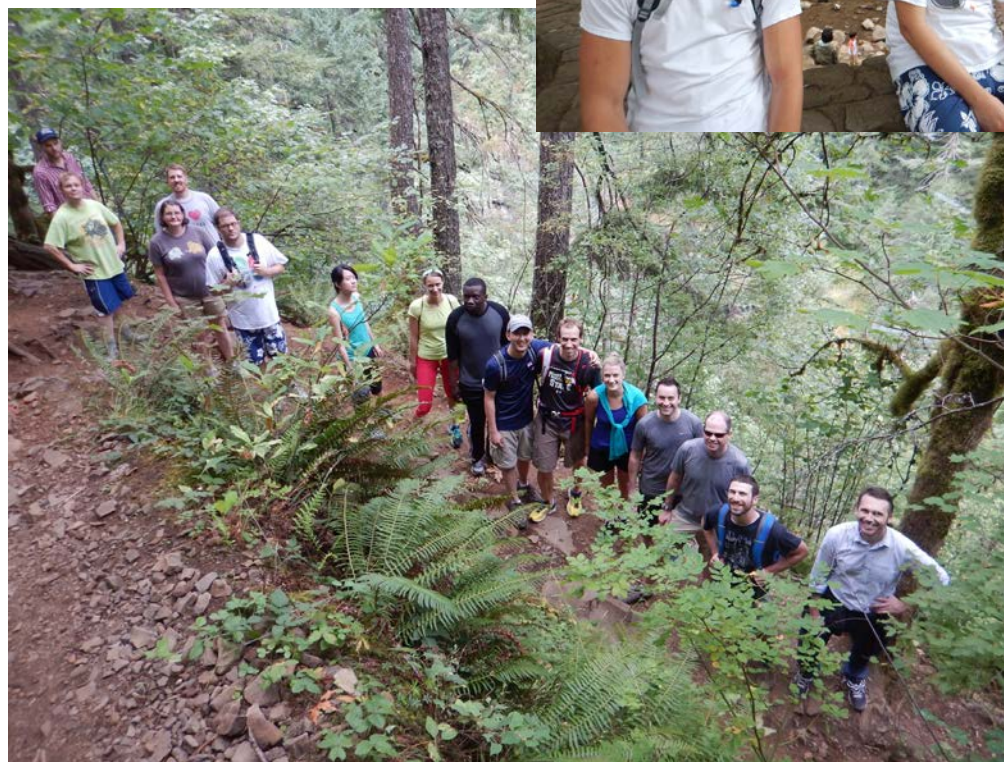
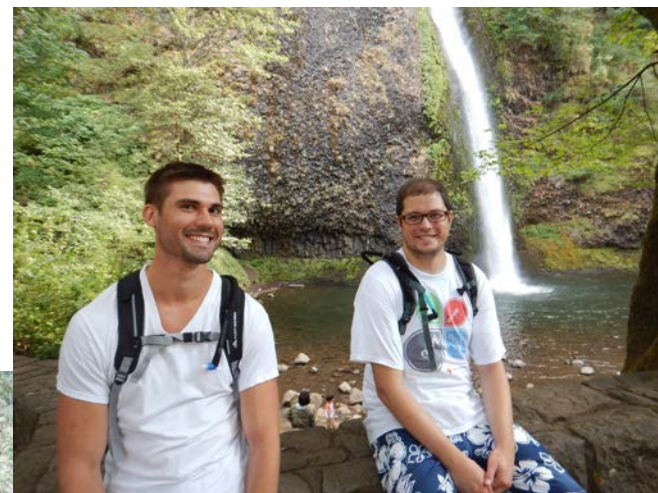
Trampoline
Dodge Ball



Foot Golf



Well-Being Retreat



Columbia River Gorge Hike