

OCMS

Oakland County Medical Society

EMPOWERING PHYSICIANS. ADVANCING MEDICINE.

MAKE PLANS TO ATTEND!

OCMS Practice Manager Schedule 2019

All meetings are from 8:30-10:30 a.m.

Tuesday, January 15, 2019 - OCMS Boardroom*

"Introduction to Mindfulness at Work"

Matthew Thieleman, Golden Bristle

Matt will guide participants through a workshop packed full of practical tools that you can incorporate into your life to achieve inner peace in a stressful world. This workshop is for anyone who sometimes feels distracted, stressed or otherwise stuck from living their best life. It will cover the basics of mindfulness, the impacts it can have on our lives and simple ways to start a regular practice.

*No Insurance Reps will be at this meeting.

2019 Schedule – Speakers/Topics to be determined

Tuesday, March 19, 2019 – Walsh College, Troy

Tuesday, May 7, 2019 – Bingham Conference Ctr, Bingham Farms

Tuesday, July 16, 2019 – Summer Networking Event

For more information or to attend a meeting, please email Cindy Dady at

cdady@ocms-mi.org or call the OCMS office at 248-773-4000.