In a perpetually “on” work world, how does one detach from the workday when not working? When we are always “on”, it affects both our work life and the quality of our personal life. In the world of Medicine, the cost of perpetually being “on” can be high because of job burnout, decreased productivity, and lack of job satisfaction.

**Course Description:**
The Kelee Medicine Webinar is a program designed for healthcare providers interested in reducing burnout, improving mental strength and self-compassion, and improving patient care and patient experience. Dr. Daniel Lee, Dr. Amy Sitapati, and faculty will lead participants in lecture and panel discussion of Kelee meditation. Through the practice of Kelee meditation, healthcare providers will build self-compassion, mental strength, and detachment to reduce burnout, improve provider stillness of mind and patient experience of health.

**Learning Objectives:**
At the completion of the webinar, participants should be able to:

- Describe detachment from compartments with understanding the application to medicine and patient care.
- Develop self-understanding of one pointed stillness of mind to reduce work place burnout.
- Apply Kelee meditation to improve patient experience.
- Distinguish the difference between self-compassion and empathy.
- Describe the Anatomy of the Mind from an understanding of the Kelee.
- Describe the Basic Principles of the Kelee.
- Practice Kelee meditation.
Target Audience:
This course is designed for healthcare providers of all specialties, including primary care physicians, nurse practitioners, physician assistants, nurses, pharmacists, and other healthcare providers wishing to work more efficiently and effectively with their colleagues, patients, and within healthcare systems.

Registration Information:
Registration fee: $50
Reduced registration fee for Health students, Residents, and Fellows: $20

Registration includes:
The webinar and CME accreditation.

Registration/Cancellation Policy:
The last day to register for the January 9th, 2021 webinar is by January 6th, 2021, midnight (PST). If cancelling then a full refund will be allowed. No refunds will be allowed after this date. In the unlikely event that this program is cancelled, the Kelee Foundation is responsible only for a full refund of the registration fee. To request a refund, email nwalsh@thekelee.org.

Accreditation Statement
The University of California, San Diego School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

AMA Credit Designation Statement
The University of California, San Diego School of Medicine designates this live activity for a maximum of 4.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosure Statement
It is the policy of the University of California, San Diego School of Medicine to ensure balance, independence, objectivity and scientific rigor. All persons involved in the selection, development and presentation of content are required to disclose any real or
apparent conflicts of interest. All conflicts of interest will be resolved prior to an educational activity being delivered to learners through one of the following mechanisms 1) altering the financial relationship with the commercial interest, 2) altering the individual’s control over CME content about the products or services of the commercial interest, and/or 3) validating the activity content through independent peer review. All persons are also required to disclose any discussions of off label/unapproved uses of drugs or devices. Persons who refuse or fail to disclose will be disqualified from participating in the CME activity.

**Cultural and Linguistic Competency**

Cultural and Linguistic Competency: This activity is in compliance with California Assembly Bill 1195 which requires continuing medical education activities with patient care components to include curriculum in the subjects of cultural and linguistic competency. Cultural competency is defined as a set of integrated attitudes, knowledge, and skills that enables health care professionals or organizations to care effectively for patients from diverse cultures, groups, and communities. Linguistic competency is defined as the ability of a physician or surgeon to provide patients who do not speak English or who have limited ability to speak English, direct communication in the patient’s primary language. Cultural and linguistic competency was incorporated into the planning of this activity. Additional resources can be found on the UC San Diego CME website (cme.ucsd.edu).

**Course Directors**

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Director, Owen Lipid/Lipodystrophy Clinic  
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Founder of the Kelee® and Kelee Meditation
President and Founder of Kelee Foundation

Monique (Nikki) Walsh, MBA
Marketing & Grants Kelee Foundation
Program Schedule/Agenda:
Saturday, January 9th, 2021
8:30 a.m. – 1:15 p.m. (Pacific Time)

8:30 – 8:35 a.m.
Welcome from Kelee Foundation: Nikki Walsh, MBA (moderator)

8:35 – 8:45 a.m.
Opening Welcome: Christopher Kane, MD, FACS

8:45 – 10:45 a.m.
Keynote Talk: How to Find Your “Off” Switch in a Perpetually “On” World
Daniel Lee, MD

10:45 – 11:00 a.m. Break

11:00 – 1:00 p.m.
Clinician Panel: Healthcare Provider Application of Kelee Medicine
Panelists:
- Sanjeev Bhavnani, MD
- Ankita Kadakia, MD
- Adrianne Padilla, PA-C, MS
- Amy M. Sitapati, MD

1:00 – 1:15 p.m.
Origin of the Kelee and Kelee Meditation:
Ron W. Rathbun, Founder of the Kelee and Kelee Meditation

1:15 p.m. Closing Remarks: Nikki Walsh

Conference Questions?
Contact the conference coordinator.
Nikki Walsh, nwalsh@thekelee.org