

CME & PD registration available on the Knowledge Portal ([www.NWPkp.org](http://www.NWPkp.org)); DMI Dept. registration available on DMI Home Page ([bit.ly/P2PDMI](http://bit.ly/P2PDMI))

February

2	T	Ocular Pathology Conference Virtual	1:00pm-5:00pm
4	Th	Designing and Facilitating Effective Virtual Meetings Virtual	2.25 CME 9:00am-11:30am
9	T	Dealing w/ Difficult Behaviors Virtual	1.75 CME 9:00am-11:00am
10	W	Pathway's Greatest Hits: Golden Notes Virtual	1:00pm-5:00pm
18	Th	Running Your Project, Session 1 Virtual	9:00am-11:00am
25	W	Pathway's Greatest Hits: Charts and Wrenches Virtual	8:00am-12:00pm

March

4	Th	Running Your Project, Session 2 Virtual	9:00am-11:00am
18	Th	Coaching for Performance Virtual	1.75 CME 9:00am-11:00am
18	W	Pathway's Greatest Hits: In Basket Album Virtual	1:00pm-5:00pm

April

7-8	W-Th	Virtual Pathway to Proficiency (Ambulatory Only)	
14	W	Business of Medicine, Session 3 Virtual	2 CME 9:00am-12:00pm
21	W	Embracing Your Path to Mindfulness World Forestry Center—Cheatham Hall	5.5 CME 9:00am-3:30pm
29	Th	Leading Change Virtual	2.5 CME 9:30am-12:00pm

May

5	W	Business of Medicine, Session 4 Virtual	2 CME 9:00am-12:00pm
5-6	W-Th	Virtual Pathway to Proficiency (Ambulatory Only)	
13	Th	Communication Intensive, Session 1 Virtual	5.75 CME 9:00am-4:30pm
20	T	Art of Mentoring Virtual	1.75 CME 6:00pm-8:00pm

June

9	W	Encouraging the Heart, Session 1 Virtual	2.5 CME 9:00am-11:00am
16	W	Encouraging the Heart, Session 2 Virtual	1.75 CME 9:00am-11:00am
16	W	Pathway's Greatest Hits: Charts and Wrenches Virtual	1:00pm-5:00pm
17	Th	Communication Intensive, Session 2 Virtual	5.75 CME 9:00am-4:30pm

REMEMBER TO REQUEST TIME OFF FROM YOUR SCHEDULER

The Northwest Permanente, PC, Department of Continuing Medical Education & Professional Development (NWP CME & PD) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

# More Upcoming Programs

## REGISTRATION IS OPEN NOW!

Visit the Knowledge Portal ([www.NWPkp.org](http://www.NWPkp.org)) for program brochures which include times, location and, if applicable, available CME. *(Not all classes are open to everyone.)*

DMI Dept. registration available on DMI Home Page ([bit.ly/P2PDMI](http://bit.ly/P2PDMI))

- ◆ [PGH: In Basket Album—7/15](#)
- ◆ Communication Intensive (2 Sessions)—8/11, 9/15
- ◆ [PGH: Golden Notes—8/19](#)
- ◆ Leading Change—9/9
- ◆ [PGH: Charts and Wrenches—9/9](#)
- ◆ Running Your Project (2 Sessions)—9/16, 9/30
- ◆ Dealing w/ Difficult Behaviors, Clinician Edition—9/21
- ◆ Dealing w/ Difficult Behaviors, Admin Edition—9/28
- ◆ Emerging Leaders (3 Sessions)—10/7, 10/28, 11/18)
- ◆ Designing and Delivering Effective Virtual Meetings—10/14
- ◆ Next Steps to Mindfulness—10/20
- ◆ [Pathway to Proficiency—10/20-22](#)
- ◆ Coaching for Performance—10/21
- ◆ Leadership Essentials (2 Sessions)—11/2, 11/9
- ◆ Art of Mentoring—11/4
- ◆ [PGH: Charts and Wrenches—11/10](#)
- ◆ Communication Fundamentals—11/16
- ◆ Encouraging the Heart (2 Sessions)—12/1, 12/8
- ◆ [PGH: In Basket—12/8](#)

Please email [Henry.X.Robins@kp.org](mailto:Henry.X.Robins@kp.org) if you have any questions.

## NWP Wellness Corner

*Supporting the well-being of our medical group and cultivating joy at work*

- **Wellness Activities**  
Stay up to date with daily NWP Wellness activities. Details found on the NWP Wellness calendar at: <http://www.nwpwellness.org/calendar.html>
- **Perm Pod**  
Perm Pod is a collection of tips, tools and techniques to enhance your daily practice. The short episodes are easy listening during a busy day. Search 'Perm Pod' in any smartphone podcast app.
- **Wellness Guides Wanted!**  
NWP Wellness is looking to increase the number of wellness guides in various locations and departments. For more information about being a guide, follow this link <http://www.nwpwellness.org/wellness-guides.html>

For more information on these opportunities, please visit our

NWP Wellness website at [www.NWPWellness.org](http://www.NWPWellness.org). Or, you may call Justin Pfeifer, Employee Wellness Consultant, at (503) 813-3782 / 49-3782

### Director/Consultant

JP Garofalo 503.813.2655

Henry Robins 503.813.4461

### Consultants

Douglas Brenneman 503.813.2603

Paula Liddell 503.813.4287

Tamatha Hanke 503.813.2658

Kristie Barry 503.813.3039

### Wellness Program Consultant

Justin Pfeifer 503.813.3782

### Web and eLearning Consultant

John B King 503.813.4389

Chad C Mills 503.813.2656

### Physician Education Specialist

Megan Sprague 503.813.2471

### Program Coordinators

Jaren M Post 503.813.3521

Stephanie Tran 503.813.3826