

### Strategies for Navigating Stress: A Series for Healthcare Leaders

via Zoom

05.20.2021, 06.17.2021, 07.09.2021

**Part 1: May 20, 2021**

12:00 p.m. - 12:45 p.m. PT

3:00 p.m. - 3:45 p.m. ET

**Part 2: June 17, 2021**

12:00 p.m. - 12:45 p.m. PT

3:00 p.m. - 3:45 p.m. ET

**Part 3: July 9, 2021**

12:00 p.m. - 12:45 p.m. PT

3:00 p.m. - 3:45 p.m. ET

Via Zoom Meeting

#### To register, please contact [WHLC@sheppardmullin.com](mailto:WHLC@sheppardmullin.com)

The Women in Healthcare Leadership Collaborative is partnering with Signature Concierge, FHI and SEAM, to bring you this exclusive and complimentary new 3-part series, focused on providing women healthcare and life sciences leaders with essential strategies for navigating the impact of stress on mental health and wellness, both individually and as leaders of healthcare organizations.

We invite you to join us for three engaging virtual roundtable discussions, each featuring a different aspect of navigating stress and reducing its impact. The first session will focus on how stress manifests in the workplace, and how leaders can address employee mental health and wellness. The second and third sessions will focus on how we can better leverage nutrition and physical health strategies to manage our own stress, and improve our wellbeing. We will be circulating a short video in advance of each discussion to registered attendees to help facilitate a thoughtful and open dialogue with your peers.

**Part 1: Employee Wellness and Mental Health: A Spotlight on Women Leaders in Healthcare**

Thursday, May 20, 2021

12:00 p.m. - 12:45 p.m. PT / 3:00 p.m. - 3:45 p.m. ET

**Presented by**

**Mikela Sutrina**, *Partner*, Sheppard Mullin

**Shawn Fabian**, *Partner*, Sheppard Mullin

Join us for a virtual roundtable discussion led by Sheppard Mullin labor and employment attorneys regarding legal and compliance issues facing employers in the healthcare and life sciences industries, particularly as it relates to the ongoing COVID-19 pandemic, vaccinations, returning to the office, and managing an overworked and distressed workforce.

## **Part 2: Posture & Function: The Science Behind Destressing through Alignment and Strength**

Thursday, June 17, 2021

12:00 p.m. - 12:45 p.m. PT / 3:00 p.m. - 3:45 p.m. ET

### **Presented by**

**Kim Finklestein, MPT, *Physical Therapist, Owner, Postureworks Physical Therapy***

Explore the science behind supporting our bodies in ways that decrease stress, improve mental and physical health and increase productivity. Learn about functional imbalances and how the control and quality of our movements can be improved through proper body alignment and muscle synchronization.

## **Part 3: Nutrition: Feeding your Body for Optimal Health**

Friday, July 9, 2021

12:00 p.m. - 12:45 p.m. PT / 3:00 p.m. - 3:45 p.m. ET

### **Presented by**

**Elissa Goodman, *Registered Dietitian Nutritionist***

Join us for an informative discussion on the science behind how choosing the “right” foods can support health, the immune system and provide more energy to take on these challenging and stressful times.

**Sheppard Mullin's Women in Healthcare Leadership Collaborative (WHLC)** is comprised of women in-house attorneys, compliance officers, business leaders and other professionals that are in mid-to senior-level positions in the healthcare and life sciences industries and are continuing to advance within their profession. WHLC's mission is to promote the advancement of these women by providing them with targeted education focused on complex legal issues, healthcare innovation, and other critical issues facing these industries, professional skills development and training, and peer-to-peer mentoring.

**Sheppard Mullin's 170+ attorney full-service, diverse Healthcare Team** has healthcare transactional, private equity, regulatory, health plan licensing, compliance, reimbursement, governance, fraud and abuse, payor and provider contracting, antitrust, tax, non-profit, financing, information technology, employment, HIPAA, artificial intelligence, cyber security, litigation, real estate and other expertise. We are one of the few law firms with lawyers in New York, Washington DC and California that are devoted 100% to healthcare. We have been nationally recognized by U.S. News & World Report, Chambers, Legal 500, Modern Healthcare, M&A Atlas Awards, and Law360 for providing experienced legal counsel to healthcare providers, payors, institutions and almost every form of healthcare related organization. What separates us from the pack is that we do tomorrow's deals today. Clients who want to innovate contact us – for population health management, global risk, vertical integration, strategic alliances and game-changing transactions.

**Sheppard Mullin** is committed to the advancement and retention of our women attorneys and strives to create an environment in which all of our women attorneys grow professionally, develop successful legal practices, and flourish as leaders both within our firm and in our communities. [Click here to learn more about Sheppard Mullin's Women Lawyers Group.](#)

## Questions?

Please contact WHLC Co-Chairs, Amanda Zablocki and Danielle Vrabie, at [whlc@sheppardmullin.com](mailto:whlc@sheppardmullin.com).

## Attorneys

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## Practice Areas

Healthcare

Women in Healthcare Leadership Collaborative

## Industries

Life Sciences