

THE HEART BEAT



Vol. 1, Issue 2 June `19



CARDIOLOGY/ INTERVENTIONAL CARDIOLOGY FELLOWSHIP DEPARTMENT OF MEDICINE

Fellows participating in the Cardiac Anatomy Workshop



ANNOUNCEMENTS

Join me in welcoming our new fellows: Cardiovascular Disease



- Dr. Abney completed his residency at the University of Texas at Austin Dell Medical School.



- He enjoys group activities involving health and fitness
 Dr. Isang's continuity clinic will be with Dr. Liu
 Pager #: 865-111-2014

Interventional Cardiology



- He enjoys playing racquet sports, golf, running and water sports Pager #: 865-111-2183

REMINDERS/UPCOMING EVENTS

- **Annual Cardiology/Interventional Cardiology Fellows Graduation Party - June 15**
- **Everyone is welcome to attend the Multidisciplinary Research Conference when** the graduating fellows will present their scholarly activity on Wednesday, June 18th at 1:00 pm in the Department of Medicine **Conference Room, GSM Bldg. Ground Level**
- Make up picture day for cardiovascular disease 0 fellows and interventional fellow, program directors and associate program directors on Wednesday, June 12th at 8:15 am in front of the GSM Building



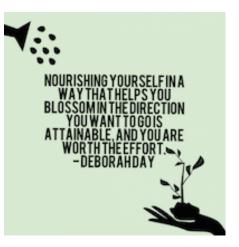
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WELL-BEING CORNER

- What's Your Stress Index?
- Guided Meditations Loving This Life Happiness
- Intervention to Promote Physician Well -being, Job Satisfaction, and Professionalism
- TED Talk Self-Motivation Talk
- What is mindfulness?
- Hospital Fitness Center
- Resident Wellness Assistance 24/7 (ENI NexGen)
- Can We Be Mindful at Work Without Meditating?



THINGS TO DO

- <u>Concerts on the Square</u> Variety of music from classical to blues, swing to Americana, soft rock to country. Free concert from 7 – 9 pm every Thursday on Market Square
- Smokies Baseball Calendar
- Sunset City Lights Paddle Recurring weekly on Saturday until September 7, 2019
- Family Feud Live Celebrity Edition Tuesday, June 11th
- Movies Under the Stars Ernest Goes to Camp Friday, June 14th
- Hal Canfield Memorial Milefest Thursday, June 20th
- <u>Foothills Striders Hike to Mt Leconte</u> Saturday, June 22nd
- Pro & Para-Cycling Road National Championships June 27 30
- Smokies Cornhole Tournament Friday, June 28th