



# OT 24 Hour Virtual Exchange

October 29/30/31

[Depending on where you are]

## Exploring Balance



Leah DeBlock is an Occupational Therapist 1, Medicine Service, UAH

Tanya Heal is an Occupational Therapist 1, Medicine Service, UAH



Rashid Kashani is the Professional Practice Leader in OT, UAH/Stollery/MAHI

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Tracey Tackaberry is an Occupational Therapist 1, Medicine Service, UAH

## Workplace Wellness

Front line occupational therapists working in an acute care physical medicine setting may be some of the last people one might expect to participate in workplace mental health wellness, much less organize and participate in it themselves.

This Canadian presentation is a success story of one group of Occupational Therapists working in such a setting who found balance in making workplace wellness a priority for their work week.