We held a very successful virtual open house for potential applicants on Thursday. Special thanks to Drs. Christy Cavanagh, Shane Geffe, Tatianna Pizzutto, Katie Dixon, Tyler Spradling, Tiffany Smith-Sutton and Luke Wren for their extraordinary work to put this together.
The article above highlights that one of the best things we in healthcare can do to help our families, teams and patients is to take better care of ourselves.

**KEY POINTS**

- A broken system is not an excuse to not care for ourselves. It is a call to action.
- Physicians should consider a critical shift in thinking — one that prioritizes caring for oneself as an effective means of caring for others.
- Two strategies for self-care include practicing mindfulness and improving physical health.
Key Dates

National Resident Matching Program opens for Program Review, October 21, 2020

ABFM In-Training Examination for all residents, October 27, 2020

FAFP Winter Summit, December 11-13, 2020 - Amelia Island, FL

Residency Program Holiday Party, December 18, 2020

Chief Resident elections, January 19, 2021

Mini-APE to finalize AY2021/22 Longitudinal schedule-January 26, 2021

NRMP Rank Order List Open, February 1, 2021

Welcome Back Weekend, February 12-14, 2021


Rank Order List deadline, March 3, 2021

Employee Appreciation Luncheon, March 9, 2021

PDW and RPS, March 5-9, 2021 - Kansas City, MO

Match Day, March 19, 2021

ABFM Board Exams, April 7-21, 2021

FAFP Family Medicine Spring Forum, April 16-18, 2021 - Orlando, FL

Resident Retreat, April 23-25, 2021

Chief Residents’ Conference, May 2021

STFM Spring Conference, May 1-5, 2021 - Indianapolis, IN

Annual Program Evaluation, May 10-14, 2021

Faculty Retreat, May 14-16 or May 21-23, 2021

Intern Orientation, June, 21, 2021

Graduation June 25, 2021 and June 30, 2022