

PHYSICIAN family DAY

August 31, 2019



AMA/AMAA Physician Family Day | The Last Saturday in August

A national day of celebration and recognition of our dedicated physicians and the continuous quality health care they provide, ensuring the respect and dignity of his or her patient, without regard for their own personal needs. To promote re-engagement and connection with colleagues, friends and families, in the understanding that self-care is a necessary part of caring for patients.

Suggested Activities for your joint local Medical Society and Alliance event:

- ✓ Family picnic or potluck
- ✓ 5k Family walk fundraiser to celebrate and honor Physician Families and their value to your community and bring awareness to Physician Burnout
- ✓ Wine tasting or other celebration with other physician couples
- ✓ Museum outing, local Zoo, or other organized family-friendly community event
- ✓ Organize a group dinner, such as a lobster bake, fish fry or barbeque and have games available for the kids, young and old.
- ✓ Apple or blueberry picking
- ✓ Pool party
- ✓ Beach activities: Sand castle contest, swimming, relaxing
- ✓ State or National park family adventure: Hiking, camping, star-gazing
- ✓ Exercise or Cooking class

Note: Medical Societies and Alliances may observe Physician Family Day at any time during the year. The actual day, however, is designated as the last Saturday in August.