



Last year in collaboration with the AMA, the AMA Alliance established **Physician Family Day** to honor and recognize Physicians and their Families. It is to be celebrated each year on the last Saturday in August. The AMA Alliance encourages state and local Alliances to partner with Medical Societies and acknowledge August 31, 2019 as **Physician Family Day**.

Commemorate the day by planning an activity to reconnect physicians with colleagues, friends and families. There are numerous ways to celebrate Physician Family Day, and the AMA Alliance suggests the following ideas:

- **Alliance-Medical Society family picnic or potluck**
- **Group tickets to a baseball game**
- **Wine tasting or other celebration with physician couples**
- **Museum outing, local zoo or other organized family-friendly community event**
- **State or National park family outing, such as hiking, camping, or canoeing organized by the Alliance-Society**
- **Group exercise or cooking class**

If your Alliance has limited resources, celebrating **Physician Family Day** can be as simple as just encouraging families to spend time together on this special day. Physician Wellness is a focus of the AMA Alliance, and we feel time spent relaxing and socializing with others is important to maintaining a balanced life style.

The AMA strives to [reduce physician burnout](#) and help physicians cope with today's challenges of providing quality patient care. With its [tools](#), [information](#) and [resources](#) developed to support the nation's physicians in their profession – and with the AMA Alliance's efforts to care and support the physician family – the AMA hopes to rekindle a joy in medicine.