

**MIIA Professional Development Training**

**Fatigue Management and Wellness**

**October 19, 2016**

**2:00-3:00 PM**

Taking to the road at all hours is part of the call to duty, but around-the-clock shifts can create health and social struggles for employees, as well as a unique set of challenges for managers. This practical webinar considers the effects of fatigue from a medical perspective, while also looking at ways to manage it. We will address techniques for reducing stress, dealing with our emotions in general, and maximizing wellness, especially during winter. Now we don’t have to let the snow, or long hours, ‘drive’ us nuts.

**About the Presenter:**

Fred Kohanna, MD, MBA, FACOEM, is AllOne Health’s Chief Medical Officer. He is board-certified in emergency medicine, as well as occupational and environmental medicine.  As a thought leader in the occupational health category, Dr. Kohanna has presented on numerous topics at conferences with regard to workplace walkthroughs, influenza pandemic planning, fitness-for-duty and return-to-work, and wellness topics such as longevity, sleep, and weight management.  Dr. Kohanna received his undergraduate degree from Columbia University and his medical degree from George Washington University. He has an MBA from Northeastern University. He is a Fellow, American College of Occupational and Environmental Medicine (FACOEM) and is a certified Medical Review Officer (MRO).

**To register:**

Please go to the following link and complete the required information:

<https://attendee.gotowebinar.com/register/6810920757851879427>

After registering, you will receive an email containing webinar access details. See you there!