



WELLNESS

Baptist Memphis OBGYN Residency

ABOUT

Goal is to provide a comprehensive wellness experience to compliment the robust training program offered here at Baptist.

We want you to learn well and be well so that your patients and your loved ones experience the best version of you.



KATEY CHAPPELL

Wellness Co-Director

FAM

Married to Dr. Todd Chappell

Doggy Emma

Enjoy extended family

FUN

Beach beach beach!

But also Harry Potter world at
Universal Orlando!

WORK

Physician Assistant / Nurse

West Clinic Breast Center

I love my patients!



JENNIFER LEE

Wellness Co-Director

FAM

Married to Dr. Daniel Lee
13 mo old son Judah
Native Memphians

FUN

Mountains aaah...
Doing baby stuff
Mentoring/discipling young women

WORK

Clinical Research for Medtronic
with focus in cardiac pacing



THE WELL

OVERALL

PHYSICAL
WELLBEING

LIFE SKILLS

INTERPERSONAL

GENERAL

TEAM BUILDING





OVERALL

Time to Unwind

Annual wellness lake retreat

PHYSICAL WELLBEING

Condition the Body



- Exercise physiology for improvement of posture and reduction of muscle fatigue during surgery.
- Equipment in residency space
- Massage therapy session
- Self-defense training



LIFE SKILLS

Adulting

- Time management
- Spatial organization
- Healthy cooking/meal prep
- Financial literacy, investing early
- Integrating faith



INTERPERSONAL

Relationship Goals

- Co-resident team building/communication skill building/conflict resolution
- Soft skills for job search and interviewing
- Interpersonal relationship skill building – personal, familial, patient care setting
- Managing of familial stressors – care of young an old



GENERAL

Big Picture

- Counseling & coaching resources convenient for your schedule
- Leadership training
- Resident appreciation recognitions
- Stress relief techniques / Pulse on burnouts
- 1:1 with Katey or Jen

TEAM BUILDING

Enjoy the Company



Dinners, game night, escape room, scavenger hunt, obstacle course, laser tag, parks, zoo, museums, exercise class, art class, baking class, kayaking, horseback riding, corn maze, community service, baseball game, basketball game, brewery, holiday events, festivals, etc.



What does **wellness** mean to you?