



Good evening!

For those of you I have not met, my name is Ron Ottenbacher. I am the ND ACP chapter's well-being champion along with Dr. Sid Singhal.

This is a newer process and our goal is to create a multifaceted well-being program that is tailored to the specific needs of our North Dakota chapter and the unique challenges we meet in our rural state.

The ACP has many resources for well-being that members can access on the website plus we plan to send out newsletters with dedicated information that can make practical and rapid improvements in our lives and practices. Bringing the joy back to medicine so to speak and having better well-being overall.

One crucial aspect of this is creating a sense of community and being intentional in this. With that in mind, we are planning to set up social gatherings coordinated by the chapter and spread throughout the state. This will allow informal socialization