

# The UPMC PM&R TIMES

Brought to you by the Wellness Committee



## EVENT HIGHLIGHT: AAP CONFERENCE



## SPRING RETREAT '20



## LINKING YOU TO WELLNESS!

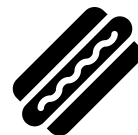
[Free Streaming Fitness](#)  
[The Penguin Cam at the PGH Zoo](#)  
[Kid's Drawing Lessons](#)  
[Many, Many Free Lessons](#)



## MS TEAMS GOT YOU DOWN?

Check out these links put together by our Dr. Olsen!"

[How to access Microsoft Teams](#)  
[How to present a powerpoint in Teams](#)

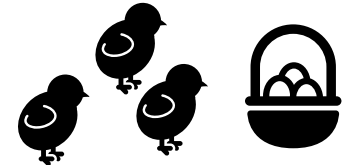


## TELE~BBQ

Join our next Zoom BBQ this Saturday, **Apr 11th!**  
All are welcome. Look out for invitations to future BBQs coming soon to an Outlook inbox near you.

## MEET THE BABIES:

### TELE~BABIES EDITION



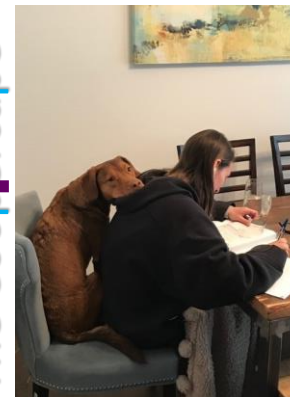
A cheery welcome to youngest members of our PM&R family! Ideas for remote event? Email Sara Brown.



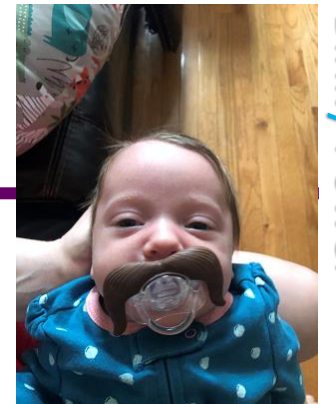
## COVID FASHION SHOW

Please send photos in your remote doctoring duds to Dr Liu. These are from Drs. Desmarais and Schulz!

The Coopercap



Binky Power



Kindly submit "Props for Docs" at <https://www.surveymonkey.com/r/NM8XMRR>  
Be sure to check out the UPMC GME Wellness site! <https://gmewellness.upmc.com/>