

WellSpan Health ~ Virtually Hosted

WellSpan Medical Group Wellbeing Conferences “Intentional Kindness: Unleashing the Superpower Within”
- 5/15/2025

Virtually Hosted,

Faculty:

Program Goal:

Learning Objectives:

- 1 Describe the profound ripple effects of simple acts of kindness.
- 2 Discuss how to connect Kindness and mental wellness.
- 3 Describe how to actively practice and encourage mindful/intentional kindness.
- 4 Show how ALL forms of bullying do physical damage visible on brain scans.
- 4 Describe how our brains are innately wired to repair and recover.
- 5 Discuss how Kindness is the antidote to the toxicity of bullying and abuse.

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