



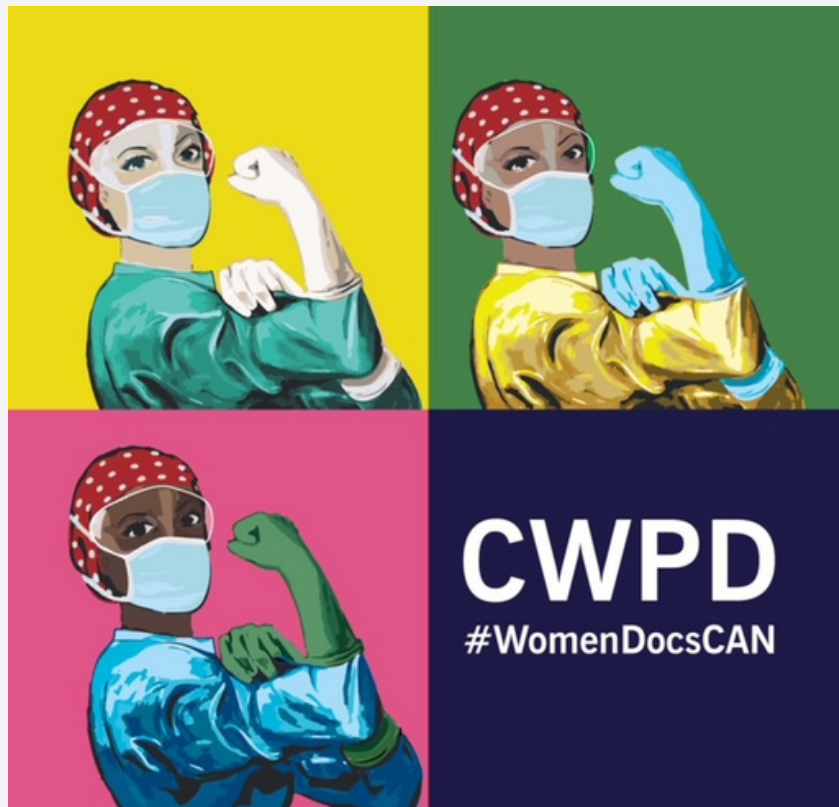
Canadian Women Physicians' Day

2023 Toolkit

cwimorg.com/canadian-women-physicians-day

Canadian Women Physicians' Day

Canadian Women Physicians' Day was celebrated for the first time on March 11, 2021 with the generous support of Canadian Women in Medicine. Canadian Women Physicians' Day was created by Dr. Liana Hwang and is celebrated annually on March 11th across the country.



Graphic by: Dr Michiko Maruyama

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Let's Celebrate

Please use this CWPD Toolbox as a guide to help you recognize yourself and other women physician colleagues in your day to day practices, friendship circles, healthcare settings, or in any way locally, across your province, and our country.

The hard work you do every day pays off to support your patients, family, friends and beyond.

Take a moment to elevate!



- Workout with Jake! Please join the CWPFC's leader Jake in a special work-out just for you.
 - <https://vimeo.com/796762417> Password: cwpd
- Pour yourself a **CWIM Glimmer** mocktail! Join us on March 11th for a recorded demo and recipe by Dr. Nathalie Gamache to RAISE A GLASS and give cheers to all of you.
 - Ingredients to have on hand:
 - Tonic water
 - Lemon, orange and grapefruit juice
 - Ginger ale or Club soda
 - Grapefruit slice or zest
 - Optional for cocktail: London Dry Style Gin, Cointreau or Triple Sec, Prosecco or Cava



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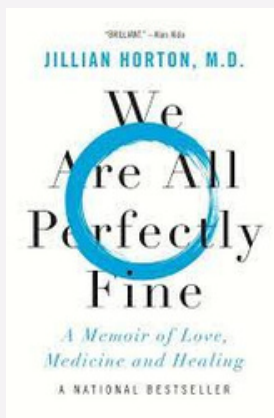
Sweets and a good read

- Sweeten up your CWPD with a decadent mug cake just for you. Please click here for a quick and easy sweet treat!



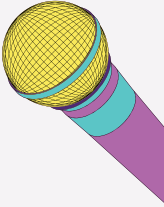
- <https://chocolatecoveredkatie.com/chocolate-mug-cake-recipe/>
- A keto option from Dr. Carol Loffelman <https://alldayidreamaboutfood.com/lemon-blueberry-mug-cake-low-carb-gluten-free/>

- Great read! Check out these two loved and recommended books by your CWP Book Club colleagues as a break from charting and reading that Inbox.



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Group Recharges!



Plan some time to celebrate all you do together. Here are some ideas:

- Paint Night - Did you have a difficult interaction at work? - this is the perfect way to bring colour and energy back in your day.
- Karaoke - bring a machine to the office, rent a space and get a dj in or go to a karaoke bar and feel those endorphins clearing everything up instantly!
- Express and connect - find a paint night, poetry or creative writing workshop or pottery session to do with a friend.
- Coffee and camaraderie - book off 30 min and join your colleagues for a warm drink. It may be easier to book a zoom hangout to connect with those near and far.



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