Includes LMS Active & Retired Physicians, UK College of Medicine Residents, Fellows, Graduate Students, Postdoctoral Fellows & Medical Students

The Lexington Medical Society Physician Wellness Program

- 8 free sessions each calendar year
  (medical students get 12)
- Easy access (in person or teletherapy)
- Complete confidentiality

Go to *lexingtondoctors.org/services/wellness-program/* for more information

The LMS Physician Wellness Program was designed as a safe harbor for physicians to address normal life difficulties in a confidential and professional manner.

To Make an Appointment: Call or Email

- **Call** (859) 825-8986 to leave a confidential voicemail for Dr. Hough or Dr. Smith. They will call you back to schedule an appointment.

Or

- **Email** *WoodlandWellnessGroup@gmail.com*