

An Invitation to Relax

From Pamela Datsko, DVM
And
Heal ThySELF DVM



Free Weekend Drop In

I invite ALL Veterinary staff (doctors, techs, receptionists) and families to come and spend time relaxing and reconnecting.

This event is a drop in anytime you wish from noon-7pm Friday and Saturday, 8am-3pm Sunday

Activities will be scheduled throughout the day or come and enjoy the space on your own.

I want my colleagues to be the healthiest, happiest people, serving our communities with understanding and compassion.

RSVP (for headcount) to pamela@healthyselvdvm.com

May 5-7 at Amethyst Retreat Center
Duncannon, PA
noon-7pm Friday and Saturday
8am-3pm Sunday



Experience a Shift in Your Outlook

Come relax and enjoy nature at this 100+ acre beautiful Center. Throughout the day, I will lead guided visualizations and short talks on reclaiming your power to improve your outlook on the profession.

Bring your own food. Drinks, sunscreen and bug spray will be provided. No alcohol is permitted on the property. Dogs allowed if leashed.

For more information:

Please visit my website at www.healthyselvdvm.com for more information and directions to Amethyst Retreat Center.

Email me directly at pamela@healthyselvdvm.com to RSVP and with questions.