

The Intentional Well-Being Retreat

Reflect. Relate. Refresh.

April 10-11, 2026 | Hawks Cay Resort | Duck Key, FL

You do so much to care for others — what are you doing to take care of you?

Slip away from the hustle and bustle and tap back into the reasons you were called to medicine while enjoying quality time with family and colleagues. The retreat is open to AdventHealth Central Florida Division, East Florida Division, West Florida Division, Multi-State Division and Mid-America Region medical staff (physicians, advanced-practice providers and medical residents/fellows).

Join us for an interactive, experiential retreat centered on the theme of **intentional joy**. Together, we will explore what it means to pursue joy intentionally — in both your personal and professional life — and discover how to reclaim it when it feels stolen or lost.

Retreat Information:



Registration Fees:

Early bird pricing: \$425 (ends February 14)
Regular pricing: \$500 (February 15 to March 13)

GME residents: Sponsored by AdventHealth Corporate

Scan the QR code or [click here](#) to register

Space is limited. Registration closes **March 13** or when capacity is reached.

Visit TheCPW.org/retreat for additional information.

What's Included:

- Family-friendly reception
- Mindful movement on the beach
- Interactive morning CME workshops
- Professional family portraits
- Numerous opportunities to network, learn, rest and play

CME Learning Objectives:

- Explore the meaning of joy and gain a deeper understanding of the impact of negativity bias and other stealers of joy have on your daily life.
- Identify practical strategies to sustain and restore your joy in medical practice.
- Learn somatic regulation skills based in polyvagal theory.
- Examine how physicians/providers find joy in medicine and apply a multifactorial approach to improve well-being in clinical practice.
- Learn how to harness the benefits of neuroplasticity and engage in the HEAL method to rewire the brain toward positivity.
- Identify strategies to enhance the well-being culture within your department and organization.
- Learn innovative ways to be intentional about well-being and fulfillment, both personally and professionally.
- Learn different strategies to engage in self-reflection and increase self-awareness to promote insight regarding prioritizing one's well-being.



Brought to you by a collaboration of CFD, EFD, MAR and WFD departments of physician well-being and resident wellness.

For questions, contact our team at intentionalwell-beingretreat@adventhealth.com



Location

Hawks Cay Resort • 61 Hawks Cay Boulevard • Duck Key, FL 33050

Participants are asked to stay at the Hawks Cay Resort for the full retreat experience.

Halfway between Miami and Key West, the island of Duck Key offers clear waters, playful dolphins, and a serene setting for you to breathe, connect and recharge.

Hawks Cay Resort offers an exclusive, secluded beach escape with five sparkling pools, a full-service marina, five distinct dining options, and endless ocean views — all in a laid-back tropical setting crafted for comfort and relaxation.

This retreat is about more than stepping away from work. It's about rediscovering balance, sharing meaningful time with colleagues and creating lasting memories with family. Picture mornings filled with ocean breezes and laughter, afternoons exploring vibrant coral reefs or swimming with dolphins, and evenings gathered for conversation and connection as the sun sets over the Gulf.

After a day of adventure, retreat to your spacious resort room or suite furnished with upscale amenities where you can relax with your family, share stories from the day and enjoy the comfort of a setting designed for togetherness.

Whether you're enjoying a meal at one of the resort's distinct dining venues, joining a friendly game of tennis or pickleball, enjoying one of the many family-friendly activities and excursions for all ages or simply savoring quiet moments under swaying palms, every experience is designed to nurture your well-being and strengthen the bonds that matter most.

Visit their website for more information:

[**Hawks Cay Resort — The Experience.**](#)

Accommodations:

- A limited number of rooms have been blocked for this meeting at the special group rate of \$329 per night for single/double occupancy.
- Upgraded water views or junior suites are also available at special rates.

Reservations:

- Online: [Click here](#) to be redirected to the hotel's website for our group rate.
- Phone: **888-395-5539**
 - Reference group name: **ADVENTHEALTH2026**
 - If you wish to extend your stay before or after the retreat dates, please call the hotel directly at **888-395-5539**.
- The group rate cutoff date is **March 24, 2026**.
Rooms will fill quickly, so book early to secure your room and rate.



AdventHealth Tampa designates this live activity for maximum of **8.0 AMA PRA Category 1 Credits**. Physicians should claim credit commensurate with the extent of their participation in the activity.

AdventHealth is accredited by the Florida Medical Association to provide continuing medical education for physicians.

The planners/presenters of this activity have no conflicts of interest to disclose.