



Discover additional resources to help you build resilience at [cns.org/wellness-resilience!](https://cns.org/wellness-resilience)

While in Austin, the CNS Wellness and Resilience Committee encourages attendees to take advantage of a variety of options to feed the mind, body, and soul. Options include both social events and scientific programming. Look for even more opportunities when you arrive in Austin!

SATURDAY, OCTOBER 16

12:45–4:15 pm

SYM8B: Performance Workshop: How to be on Top of Your Game at Work and at Home

12:45–4:15 pm

SYM10B: Entrepreneurial Neurosurgeons

4:15–5:45 pm

CNS Resident Social

5:00–6:30 pm

International Reception

SUNDAY, OCTOBER 17

8:00 am–12:00 pm

SYM15A: Women in Neurosurgery Career Symposium

12:45–4:15 pm

SYM21B: So You've Been Sued

6:30–8:30 pm

Opening Reception

Featuring the Neurosurgery Jazz Quintet Plus 1

MONDAY, OCTOBER 18

12:15–1:45 pm

M1: Honored Guest Luncheon

4:15–5:45 pm

Financial Planning for Young Neurosurgeons

TUESDAY, OCTOBER 19

12:15–1:45 pm

T14: Honored Guest Luncheon

12:15–1:45 pm

Luncheon Seminar

T17: Neurosurgical Contracts – How to Get What You Want

WEDNESDAY, OCTOBER 20

12:15–1:45 pm

W25: Honored Guest Luncheon

12:15–8:30 am

Women in Neurosurgery Luncheon Seminar

W26: Residency Challenges in 2021: It's Not Like It Used to Be

XPERIENCE LOUNGE OFFERINGS

TUESDAY, OCTOBER 19 | 1:45–2:45 pm

- Voices of Neurosurgery: Hear inspiring stories from your colleagues!
- Giveaways (*limited quantities*)
- Fruit smoothies during Tuesday afternoon's beverage break

FOUNDATION EXERCISE CHALLENGE

Who's the Fittest of Them All?

Join your colleagues for our Annual Meeting Fitness Fun-Raisers at the JW Marriott Austin on Sunday and Monday, October 17–18, at 6:00–7:00 am.

Early morning workouts support the CNS Foundation—improving worldwide patient care.

Advance registration encouraged as space is limited! Watch for ticket information in CNS Annual Meeting communications.



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