



Pura Vida Veterinary Wellness
Practice differently, practice well



Dr. Sonja Olson
sonjaolsondvm.com



Join us for an exclusive RACE approved wellbeing retreat in the heart of Costa Rica's Blue Zone at Wildsun Wildlife Rescue. Delve into a unique learning experience designed to help you find your balance and create a resiliency plan to navigate your work/life journey. With special guests Dr. Katie Lawlor and Dr. Dustin Kieschnick, founders of the Veterinary Mental Health Initiative, and Dr. Sonja Olson wellbeing educator, author and speaker.

Pura Vida Veterinary Wellness Presents...

NOVEMBER 12-18 2023
Cabuya, Costa Rica

Dr. Dustin Kieschnick VMHI
shanti.org



Dr. Katie Lawlor VMHI
shanti.org



An inclusive week of insightful workshops, presentations, yoga and exciting outdoor activities including hiking, waterfalls - even scuba diving is an option!

Get a behind the scenes look at the conservation and rescue projects at Wildsun, including the Scarlet Macaw breeding and reintroduction program - Spend some time with some of the remarkable patients staying at the hospital. Immerse yourself in the essence of wellbeing, learn new skills and find your "pure life" in breathtaking Costa Rica

Spots are limited!

Puravidavetwellness.com

Stay tuned for details...

