



Finding Calm in Stormy Seas (Legal Lunchbox™ Series)

ORIGINAL PROGRAM DATE

March 31, 2026

*Presented in collaboration with the
WSBA Member Wellness Program*

REPORTING YOUR CREDIT

This on-demand program was a live seminar presented on March 31, 2026. If you attended or viewed the original presentation, please note that WSBA members may not claim credit for the same CLE sessions if repeated within their three-year reporting period.

DESCRIPTION

Dr. Moss will describe her story of recovery that led to her current career, passion in medicine, and desire to be of service to those who still suffer. She will summarize some data from healthcare and legal professionals, utilizing findings from the WSBA Well-Being Survey. Finally, she will share ideas and resources that can improve resilience, well-being, as well as support recovery.

PRESENTERS

*Laura Moss, MD – Washington Physicians Health Program, Seattle, WA
Dan Crystal – Washington State Bar Association, Seattle, WA (moderator)*