

### About Dr. Moreland

Jay Moreland, MD has practiced medicine for over 30 years. He is an adjunct assistant professor at the University of Utah in the Department of Family and Preventive Medicine. He has board certification from the American Board of Family Medicine. He also has board certification in Hospice and Palliative Medicine. He is the Medical Director for Rocky Mountain Care's palliative care program and is the Medical Director for their hospice program in Salt Lake City, Utah. He has been a lecturer and preceptor at the University of Utah Medical Center for both the Family Medicine and OB/GYN residencies since 1998. He does full spectrum family practice, including obstetrics. Dr. Moreland received a medical degree from the University of Southern California School of Medicine, in Los Angeles, and completed residency in Family Medicine at the McKay-Dee Hospital and University of Utah Family Practice Residency in Ogden, Utah. He has been meditating for over 25 year and has his own podcast called "Dr. Jay's Peaceful Meditation." He plays lead guitar in a band called "Winding Road."