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“ Generalized overall wellness and especially Physician wellness is something I am extremely passionate about and hope to be able to continue to advocate for. As the saying goes “you can’t pour from an empty cup. Take care of yourself first.” As a physician, we are given the great gift of being able to help our patients through some of their worst and best days. However, this gift comes with responsibility and at times lots of hardship. In order to provide great quality care and true empathy to our patients, a physician needs to have wellness in every aspect of their lives. In a world where the tasks each of us must complete grows & it seems bad news is everywhere around us, it is more important than ever to participate in those activities that fill our cup and allow us to be the best version of ourselves with our patients, family and friends.

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Energized by **you.**

