My name is Caryn Dooner and I am currently living in Oshawa, Ontario on the traditional territory of the Mississauga of Scugog Island First Nation where I have finished my first year in the new Queens integrated family medicine program. I grew up on the unceded territory of the WSÁNEĆ peoples also known as Victoria (BC), but have spent much of my adult life in Ontario, where I was a varsity rower for Western University, completing both undergraduate and graduate degrees during my time there. Prior to starting medical school, I worked as an adult critical care and transport nurse. I also hold an MSc and continue to maintain a very active hand in research with an additional role working as a Research Coordinator with the Parent Child Lab in Public Health in Victoria, as well as hold as summer research fellowship studying health literacy. Beyond my school and research work, I am also a member of the Board of Directors at the Pacific Public Health Foundation (formerly the BC CDC Foundation), a non-profit non-governmental organization focused on promoting health equity and innovation. What keeps me grounded is my dog, Ghost – you can usually find us walking around our neighbourhood or frequenting a local conservation area. We usually treat ourselves to a delicious coffee and a pup cup after our walks. I also enjoy going for group runs with my classmates, yoga, baking, travelling, and writing public health education books for children.