



## **GME Wellness Sub-Committee Newsbyte**

### **Residents & Faculty Joining in Activities**

Unfortunately, due to COVID, we have had to maintain social distance and keep group activities to a minimum for quite some time. However, this month, the women emergency medicine faculty safely hosted a "FEM in EM" wellness gathering to celebrate women in the emergency medicine field. This was a great way to de-stress and develop camaraderie amongst residents and faculty.

Outside of the emergency department, you can often find me running, biking, or swimming. The weekend before residency started last year in June of 2019, I ran a 2:56 marathon and have competed in the Boston Marathon three times. More recently during quarantine, I was inspired to get back into triathlon training and recently was first female overall at the Siesta Key Triathlon this past month of October.

One of the ED attendings, Dr. Alex Williams, was also a top finisher and recently completed a full ironman in Claremont, Florida. We often meet up to train and bike or run when our schedule allows, another great way to facilitate a strong resident-faculty relationship and support each other in our professional and athletic endeavors. Dr. Phil Bonar, a PGY-1 EM resident, also has raced in the Boston Marathon and we frequently run together after or before a work shift. Maintaining fitness during residency has been key to our success and overall well-being in residency.

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