

Congratulations Dr. Natalie Forbes



PARA's *Resident of the Month* for September 2009



Dr. Natalie Forbes is originally from Calgary, where she grew up and completed her BSc, BA, and MD. There was a ten year hiatus between her first two degrees and medical school during which time she had two children and then a career in the non-profit sector. Natalie ran a youth program for a community economic development organization in Calgary. Her children, now 10 and 12 years old, keep her busy with regular mom duties as well as hockey, soccer, baseball and piano. As a family, they all enjoy hiking, cycling, and swimming. Dr. Forbes runs and is training for her first marathon this fall. One of her favorite "spare time" activities is curling up in a comfy chair with a good book and latte.

A fellow resident had this to say:

"Natalie is amazing in her ability to balance the demands of single motherhood with those of residency and medicine. Despite starting out without much support (financially or otherwise), she has managed to make it through medical school and now her first year of residency all while ensuring that her two school-aged children continue to participate in extracurricular activities and just generally live a normal life. At the same time, she excels academically in a demanding residency program and is greatly respected by her peers. I will never understand how she manages to fit in running and yoga into all of this. In comparison to most residents, she gets up earlier, goes to bed later and is fifty times busier. Her level of responsibility in her personal life also exceeds us all. She is truly inspiring and I am happy to nominate her for resident of the month!"

NOMINATE someone you know for the **RESIDENT OF THE MONTH** award...
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