



**Mark Ballard MD**  
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Over the last two years my interests in Resident Wellbeing and Resident issues have coincided with the mission and values of the Professional Association of Resident Physicians of Alberta and thus I have been inspired to run for the position of Vice President Internal. In the medical system there are many challenges and changes coming to Residency. Residents, with varying opinions, will tackle the implication of Resident work hours in the upcoming years. Thus with the difference of opinion I know it is crucial that Residents communicate ideas at various Paralyzers and socials. Not only are opinions important to share with each other, Residents must be given access to world quality speakers to provide us with new knowledge to continue to share. Thus, I want to provide more opportunities for resident education, such as Resident as a teacher and/or Advocate. Lastly, Residents must not only continue to grow and share information with each other they must share with the community. I intend to continue to expand on the widely successful Paradime campaign and improve public Resident awareness. Residents need to be cohesive and I intend to continue to improve the cohesiveness amongst all residents so that we can grow together.

### **Biography**

Originally from Nelson, BC, a community that believes in Unity. There I advocated for respect between the school grades as president. I then travelled to Halifax to complete my undergrad in Biochemistry at Dalhousie where I decided to pursue Medicine at UBC. At UBC I designed the first lecture in Canada on Environmentally Sustainable Healthcare and I was the student representative for an advocacy group. In my last two years in Residency I have dedicated much time to resident issues. I assisted with the Paradime collections, advocating for residents in CAIR and furthered my goal to improve resident wellbeing.