

HEART-IM 2020 Student Feedback

“Woah, where do I begin? HEART was **by far my favorite month of medical school**. It brought together so many wonderful humans (both students and faculty) to discuss so many topics that **will help me be the healer I want to become**. I absolutely LOVED the opportunity to connect with people who share my passions and who I know will do amazing things in this world. This was the perfect transition from medical school to residency. It was an opportunity to reflect on what these last few years have been, and to reignite my fire and begin residency with a full heart.”



“HEART-IM was an incredible experience. We explored all the topics I wish we'd studied throughout medical school: nutrition, integrative medicine (especially for the underserved), osteopathy, naturopathy, resiliency training, the changes we go through during our medical training and how to adapt to them, health advocacy on state and federal levels—all while creating a supportive community in which to learn from mentors and from each other. **I feel empowered and excited for residency and beyond**, knowing that I have this amazing

