



for UB Residents and Fellows



Being a resident or fellow is not easy, but Life Groups can help you get away and de-stress a bit.

Every Wednesday at 6:00 – 7:30 pm (free dinner will be served)

Location: the medical school in Farber Hall Rm. 220

(if get lost, just call either of the phone #'s below)

Life Groups are fun, relaxing and supportive groups of residents and fellows who have a pretty good understanding of what each other are going through and who enjoy a free dinner together on Wednesday evenings. They encourage one another, talk about things of interest, such as life, stress, relationships, faith, culture, food, sports, etc. and organize fun, social activities. We know you're busy so if you can't be there every Wednesday, that's fine. Just come when you can. Significant others, med students and faculty are also invited.

Dinner is provided by the Christian Medical and Dental Associations of WNY, but all are invited to the Life Groups regardless of one's faith, beliefs, specialty or anything else. We will all eat together and then break up into smaller groups depending on common interests or topics that people would like to talk about. For instance, one group could be about sports, another about stress, another about food and another about issues pertinent to Islam or other faiths. The specific topics will depend on what you and the other residents are interested in and can vary from week to week.

For questions or more information, contact Chris Sullivan at 585-260-5312, ccsullivan28@gmail.com
or David Holmes, MD at 716-697-1884, dholmes@buffalo.edu