



## SERVICES PORTFOLIO: CALL FOR APPLICATIONS

Drafted by: Helen Genis, Director of Services 2018/2019

### WELLNESS COMMITTEE

An important component of becoming a physician is maintaining a balanced professional and personal life. The Ontario Medical Students Association (OMSA) aims to support medical student wellness across Ontario under the direction of the OMSA Director of Services. To this end, the OMSA Wellness Committee exists to support student wellness through three main objectives:

1. To educate and motivate medical students in pursuit of a healthier lifestyle, in part by centralizing wellness resources for students
2. Development & implementation of local and provincial wellness initiatives, including the annual Wellness Retreat
3. Collaboration with other professional organizations in supporting medical student wellness to empower students to develop and participate in wellness activities at their schools and group events

One of the main priorities of the Wellness Committee is the organization of the OMSA Wellness Retreat, an annual conference that takes place during the spring of each school year. The goal of the retreat is to educate and motivate medical students to pursue healthier lifestyles, as well as offer them an opportunity for relaxation and rejuvenation amidst their busy schedules.

If you have any questions regarding a position on this committee, please contact [services@omsa.ca](mailto:services@omsa.ca)

### POSITIONS

#### LOCAL OFFICERS (6 Positions)

- One representative from each Ontario medical school
- Assist the 1) sponsorship and finance, 2) workshop and events or 3) longitudinal wellness officer
- Liaise with local school's wellness organization to understand and promote current wellness initiatives, as well as promote annual OMSA Wellness Retreat
- Encourage local student submission to OMSA Wellness Blog

### APPLICATION QUESTIONS

If you are interested in applying for the OMSA Wellness Committee, please answer the following questions (**150 words max per question**).

1. What interests you in taking a role in the Wellness Committee?
2. What sustainable ideas do you have to encourage wellness at medical schools across Ontario?
3. What ideas would you like to implement for our annual wellness retreat?