



Resident Physician of the Month ***July 2015***



Dr. Lisa Freeman

**PGY 3, Public Health and Preventative Medicine
University of Alberta**

Lisa just finished acting as Chief Resident for 2014-2015 for Public Health and Preventive Medicine. She is balancing residency responsibilities with part-time work as a family physician, a qualitative research project, and is half way through her Master of Public Health in Health Promotion. Before coming to U of A for residency Lisa earned a BSc (Honours) in Molecular Biology and Biochemistry with a minor in Kinesiology from Simon Fraser University and completed medical school in Winnipeg at the University of Manitoba.

When Lisa's not at work she is hiking, walking, swimming, climbing, cycling, or convincing her husband to go to brunch. She enjoys playing flute with Festival City Winds, attending Edmonton's many festivals, and escaping home to BC to be on or near the ocean. A colleague had this to say about Dr. Freeman:

Dr. Lisa Freeman is a stand-out amongst her physician colleagues. Having already achieved her CCFP in Family Medicine she is continuing on in further training in public health. Academically brilliant in medicine, she brings her passion and knowledge to public health and specifically health promotion. Lisa believes we must address the social determinants of health and empower people to take control of their health. She is well on her way to do this.

Having been chief resident this year Lisa has organized pot lucks and get together and made herself available and advocated for all her resident colleagues. Lastly, Lisa lives a balanced lifestyle in the face of her busy schedule. She loves biking, climbing, walks, and hikes with her husband Brandon. Overall, Dr. Freeman deserves recognition for the hard work she has put into the public health residency program as well as the advocacy and promotion she displays for a healthy lifestyle.

Congratulations Dr. Freeman!