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Dr. Janet Roseman Halsband, Editor

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Navigating medical school requires balance of mind, body and spirit for optimum wellness. Trying to obtain that balance has certainly been challenging and bravely faced this year by all of us---medical students, residents, faculty, and administrative staff. We can all agree that this year has been a deeply instructive learning experience.

In this issue, writers, photographers, artists and poets share their experiences and guidance and offer their interpretation of “balance.”

I hope that you are inspired and moved to create your own prescription for balance in your life after reading this issue!

Dr. Janet Roseman-Halsband, Editor

***WHAT DOES BALANCE MEAN
TO YOU?***



