

# Alberta Doctors' Digest

## AMSCAR event fostered student wellness and collegiality

The 14th annual Alberta Medical Students' Conference and Retreat (AMSCAR) took place in Banff from January 26-28. The conference focused on education around the topics of resiliency and wellness, while providing a networking opportunity for future physicians of Alberta. It was a great success. We appreciate the continued support from AMA for this event year after year.

University of Calgary and University of Alberta medical students arrived in Banff on Friday evening for a reception, where they had the opportunity to meet, socialize and enjoy light refreshments. For the rest of the evening, students had the option of attending an official networking function at a local venue, enjoying some board games or relaxing with a Paint Night (led by a second-year medical student).



Students attended various pre-registered sessions, including yoga, massage therapy, clinical skills and a Tunnel Mountain hike. (Photo credit: Nichole Winczura)

On Saturday, students attended various pre-registered sessions, including yoga, massage therapy, clinical skills and a Tunnel Mountain hike. AMA President Dr. Neil Cooper gave an inspiring speech to the medical students at lunch. The gala dinner included a keynote speech from Dr. Michelle Morros, Assistant Program Director for Resident Support in the Department of Family Medicine at the U of A. All students who attended their pre-registered sessions received a prize draw entry, and prize winners were announced after the gala dinner.

Sunday was a free day, which gave students the opportunity to explore Banff. Options included skiing, visiting the hot springs and shopping. Students returned to their respective schools in the afternoon on shuttle buses.

Overall, the weekend fostered student wellness and collegiality. Feedback on AMSCAR was very positive based on the post-conference survey. Students appreciated having the weekend to relax and enjoy activities with their future colleagues at the Banff Centre venue. AMSCAR would not be possible without the generous support of organizations like the AMA, and we look forward to the 15th AMSCAR next year!

---

*Banner photo credit: Nichole Winczura*

---