

# GIULIO C. & ARYAN W.

## WELLNESS STORY

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medical  
student recipes  
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"I grew up in a family that prioritized sitting together to share dinner every night, and now that my sisters and I have moved across the country, all of us coming together for a meal is even more meaningful. Cooking with my parents was also an important way to share cultural identity and get closer to my Italian and Irish heritage. I love cooking for my friends, and here in medical school I have been baking bread for my TBL groups frequently."

**- Giulio C., M2 (left in photo)**

"Food to me is the universal love language; it's a shared experience that transcends all cultural and social boundaries and never fails to bring people together. Whether it's going out to try a new restaurant with friends, or getting to spend time cooking a nice long meal, food is always what I look forward to at the end of any busy week! It's a powerful reminder that some of the best connections in life are made around the table."

**- Aryan W., M2 (right in photo)**

