

# TIOLUWA A.

## WELLNESS STORY

M1 | FEBRUARY ISSUE | 2025

Check out  
Spiritual Care  
Hours Thursdays  
12-1pm in A2  
Conference Room



**"FIND A GROUNDING FORCE —  
WHETHER FAITH, FAMILY, OR  
COMMUNITY— THAT REMINDS YOU  
OF YOUR "WHY" AND GIVES YOU  
THE RESILIENCE TO KEEP MOVING  
FORWARD."**

"Reflecting on my first year of medical school, I am deeply grateful for the foundation of my faith and the unwavering support of my church community.

Staying grounded in my faith has been essential in helping me navigate the challenges and demands of this journey. My faith has provided me with a sense of purpose, guiding me to set meaningful goals and remain steadfast even when things feel overwhelming.

Weekly fellowship and worship have not only been a source of strength but also a time for reflection, gratitude, and renewal. Practicing gratitude has kept me focused on the blessings in each moment, big or small.

I encourage everyone to find a grounding force — whether faith, family, or community — that reminds them of their "why" and gives them the resilience to keep moving forward."

