

STUDENT SPOTLIGHT: Walk with a Future Doc

This quarterly spotlight focuses on a student organization that works to benefit Chicago Medical School and the wider community.

Charlotte van Schooten and **Emily Stone**, both second-year medical students, wanted to create a program that would provide students with an opportunity to support the local community and disrupt the “white coat barrier” between healthcare professionals and community members. So they created **Walk with a Future Doc (WWAFD) – Lake County**, a local chapter of an internationally recognized organization that encourages exercise and conversation about important health topics.

WWAFD – Lake County, established in the summer of 2019, is currently the only student-led chapter in Illinois. It serves the Waukegan, Round Lake, and

surrounding communities. At each event (WWAFD – Lake County hosts three per month in Waukegan and Round Lake) healthcare professionals speak about various topics such as lifestyle medicine, stroke prevention, and foot health. After the short talk, the healthcare provider, student volunteers, and participants walk together to take tangible steps towards improving their health.

WWAFD – Lake County hopes to continue exposing Lake County residents to a wide variety of healthcare professionals from RFUMS and are looking forward to expanding their program over the summer. ■





Above: CMS and community participants at a WWAFD event, with featured physician speaker James M. Record, MD, JD, FACP, Dean of CMS.



Left: Participants engage in a 45-minute walk following Dr. Record's lifestyle medicine discussion.

Opposite page: The Walk with a Future Doc board. Back row: Ariel Katz, MD, associate professor of medicine, WWAFD faculty advisor; Kaitlyn Todd, CMS '22; Emily Stone, CMS '21; Charlotte van Schooten, CMS '21; and Lisandra Ochoa, CMS '22. Front row: Alison Cottrell, CMS '22; Jaclyn Long, CMS '22; and Sharne Morrow, CMS '22.