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ACKNOWLEDGEMENTS

The faculty and staff of the Program for Diversity & Inclusion (PDI) collaborate each year with medical students to create the Diversity Guide. PDI would like to acknowledge the following students and thank them for their time, commitment, and valuable insight to create this year’s Diversity Guide:

Cover Design by Edgar Serrano

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MESSAGE FROM MS1s

Okay, so. You did it. You are (really, actually) going to be a medical student. Which is a ridiculously exciting (and possibly vaguely terrifying) prospect. Here’s the thing: it’s going to be awesome. And hard. And transformative. There will be times when you love it, and there will (probably) be times when you hate it. With that in mind, we have compiled some advice from previous MS1s on how to truly rock your first year of medical school.

1. **Do your thing.** It can be tempting to devote yourself entirely to studying; you are, after all, in medical school. Remember that you are (truly) a multifaceted individual with diverse interests; keep those interests in tact. Continue playing sports or making music or creating art or whatever it is that makes you love the world.

2. **Explore.** Especially during Module 1. Get to know this incredible city that is housing you for four years. Take time to wander Philadelphia, meet people who live here, check out the restaurants and bars, and immerse yourself in the cultural heritage of the area. And. Explore yourself. Push yourself beyond your comfort zone, re-learn what you think you know about yourself, and remind yourself why you wanted to be a doctor.

3. **Commit to spending time with your classmates.** They will unquestionably be worth getting to know, and they will be some of the people who provide you with sanity, joy, laughter, and friendship throughout this crazy process.

4. **Get involved in a student-run clinic or something else that directly serves people.** Your clinical exposure will be pretty limited for the first 18 months. Being part of a student-run clinic will introduce you to the people in Philadelphia and the context in which you will eventually be practicing medicine. It will also remind you the ultimate purpose of learning all the material you will devote so much time to understanding.

5. **Make a few personal goals at the beginning of the year.** Work on something totally unrelated to medical school: decide to develop a new skill, travel somewhere, finally address that personality flaw that’s been annoying you, read a certain number of books, run a marathon, whatever. Find something to work on, get excited about, and remind you that there is a huge world beyond the walls of this school.

This is just a brief selection of (what we like to think of as) wisdom to help you with the transition. Don’t stop learning after reading this; keep asking questions of upperclassmen, faculty, and administrators. Penn is a phenomenal place to be, and much of that is because of the people who compose this school. Good luck. And have a blast.
The Student Life and Diversity Guide to the First Year represents student planning, labor, and research. Its true value, however, is not to be based upon the amount of time and energy devoted to it, but rather what it reveals about the environment of the Perelman School of Medicine.

First, this Guide is a manifestation of purposeful student involvement in your success. Repeatedly you will observe and experience examples of the friendly and helpful spirits here at Perelman. This attitude is also characteristic of the School of Medicine administration. It, too, will help you succeed.

Second, the Guide is a good illustration of peer cooperation, a necessary ingredient inherent to the medical profession. Needless to say, you will keep this fact in mind throughout your training. Increasingly, you will realize that your attitude towards cooperation and involvement with others will most likely influence your success here at Perelman as well as your future as a physician.

Finally, the Guide represents a composite of knowledgeable and experienced student advice which encourages you to think critically and make appropriate and informed decisions. Critical thinking skills are mandatory in your medical education and practice. Therefore, after considering your own personality and academic background, we recommend implementing some of the suggestions pertaining to academic success found in the Guide.

Working with the offices of the Academic Programs Office along with our student partners, the faculty leadership of the Program for Diversity and Inclusion is committed to doing all we can to help you fulfill your career aspirations.
Mission

The Program for Diversity and Inclusion (PDI) supports the educational mission of the Perelman School of Medicine by promoting an inclusive, welcoming, supportive and engaged medical student community. PDI’s goals are to:
- Promote and support a diverse student body
- Support student-led cultural affinity groups
- Foster the emotional wellness of students
- Facilitate the participation of students in community health and engagement

Diversity & Inclusion Student Advisory Committee (DISAC)

An essential component of the PDI is the Diversity & Inclusion Student Advisory Committee (DISAC), a student advisory group composed of representatives from each class and our core cultural affinity groups. DISAC identifies students’ needs and ensures that the voices of students are represented, assists in program development, and serves as a means of communication between PDI, cultural affinity groups, and the medical student body. Students interested in DISAC should contact Medical Student Government (MSG): msg@mail.med.upenn.edu

Faculty Council for Diversity & Inclusion

PDI is led by Dr. Horace DeLisser, Associate Dean for Diversity & Inclusion, and three experienced faculty - Assistant Deans Dr. Cindy Christian, Dr. Benoit Dubé; and Dr. Roy Hamilton - all of whom are available to students weekly during office hours. All faculty in the Program for Diversity & Inclusion are involved in meeting the goals of the program as well as providing mentoring, advising and support for individual students and student groups.
**Office Hours**

The faculty and staff of PDI are available to ALL students for support and guidance. Stop by the Suite to meet with our faculty and staff:

- **Monday** 2-5 pm: Dr. Horace DeLisser
- **Tuesday** 2-5 pm: Dr. Benoit Dubé
- **Wednesday** 3-5 pm: Dr. Horace DeLisser
- **Thursday** 3-5 pm: Dr. Cindy Christian
- **Friday** 3-5 pm: Dr. Roy Hamilton

Erika Dawson and Dorothy Harris are here Monday-Friday, 8:30 am – 4:30 pm

**Contact Us**

Program for Diversity & Inclusion, Perelman School of Medicine
Jordan Medical Education Center, 6th Floor
3400 Civic Center Boulevard, Philadelphia, Pennsylvania 19104

Website: [www.med.upenn.edu/diversityume](http://www.med.upenn.edu/diversityume)
Email: penndi@mail.med.upenn.edu
Tel: 215.898.4409    Fax: 215.898.0833
Facebook/Twitter/Instagram: @PennMedPDI

Dr. Horace DeLisser: Associate Dean for Diversity & Inclusion
Dr. Cindy Christian: Assistant Dean for Diversity & Inclusion
Dr. Benoit Dubé: Assistant Dean for Diversity & Inclusion
Dr. Roy Hamilton: Assistant Dean for Diversity & Inclusion

Erika Dawson: Coordinator
Dorothy Harris: Administrative Coordinator
Institutional support for diversity and inclusion spans dynamically over the duration of medical education in a manner that not only assists students throughout each academic year, but also prepares them for the transition to residency education. Listed below is a summary of the programs, groups, events and activities sponsored and/or supported by the PDI.

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<th>Support Diversity Recruitment &amp; Retention</th>
<th>Support Student-Led Cultural Affinity Groups</th>
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<td>• UIM Peer Mentoring for 1st year students</td>
<td>• Asian Pacific American Medical Student Association (APAMSA)</td>
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<td>• <em>UIM Convocation</em>: Celebration of UIM graduates</td>
<td>• Elizabeth Blackwell Society (EBS)</td>
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<td>• Academic Career Seminar Series</td>
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<td>• Recruitment visits to undergraduate schools, and local and national meetings</td>
<td>• Lesbian Gay Bisexual Transgender People in Medicine (LGBTPM+)</td>
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<td>• Programs for pre-med UIM students</td>
<td>• Maimonides Society</td>
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<td>• Meet and Greet sessions for UIM applicants invited for admissions interviews</td>
<td>• Penn Med Christian Fellowship</td>
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<td>• Local, regional, and national chapter meetings of student-led organizations</td>
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<td><strong>Sponsor &amp; Support Diversity Events</strong></td>
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<td>• <em>Penn RE-View!</em>: Welcome reception for 1st-year students (September)</td>
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<td>• Helen O. Dickens Lecture on Women in Medicine (March)</td>
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<td>• Student Life &amp; Diversity Guide for the First Year (April)</td>
<td>• MS1 Hiking Retreat</td>
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<td>• John Fryer Lecture on LGBT Health (June)</td>
<td>• Mind-Body Medicine Course</td>
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<td></td>
<td>• Personal, academic and career counseling with PDI faculty</td>
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<td><strong>Facilitate Participation in Community Outreach</strong></td>
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<tr>
<td></td>
<td>• Support current student-led community health programs</td>
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<tr>
<td></td>
<td>• Develop new social and community medicine initiatives</td>
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Cultural Affinity Groups

In addition to academic life, an important aspect of your medical school experience should be participation in campus and/or medically related organizations. There are numerous activities here at Perelman for you – ranging from membership in the American Medical Association to participation in the annual medical school production Spoof. Attend the Student Activities Fair in August to find out about these opportunities and to meet with the current student leaders.

As part of its mission, PDI supports student-led cultural affinity groups. Please visit the Our Students section of PDI’s website for each group’s current student leaders: www.med.upenn.edu/diversityume.

Asian Pacific American Medical Student Association
APAMSA is dedicated to promoting awareness and service for Asian/Pacific Islander (API) health care issues. We hope that through our efforts, our classmates will be better equipped to understand, serve, and advocate for API patients and communities. We also focus on supporting API medical students by providing opportunities to network with API students from other medical schools, and events to promote API culture in our medical school.

Elizabeth Blackwell Society
EBS seeks to inspire, empower, and connect women in medicine. EBS is a student run group dedicated to highlighting the accomplishments of women in medicine, providing tools and support for women to address the unique challenges they face in medicine and challenges that disproportionately affect women, and fostering relationships between faculty and students. We also seek to build a relationship with our surrounding communities to empower young women to pursue careers in medicine and STEM.

Latino Medical Student Association
LMSA serves as an advocate for increased access to quality health care and education in the health profession for Latinos. The Penn chapter of LMSA is committed to working with the Latino community in Philadelphia and is actively involved in enhancing the medical school commitment to Latinos through recruitment initiatives, mentorship programs and educational projects on how to best serve the rapidly growing Hispanic population.

LGBT People in Medicine + Allies
LGBTPM+ is Penn Med’s lesbian, gay, bisexual, transgender, queer student and student allies organization. We are committed to increasing the visibility of LGBTQ
people at Penn Med; educating our community on LGBTQ health best practices; promoting LGBT health-related outreach; providing opportunities for professional development; and cultivating Penn Med’s vibrant community of LGBTQ students, faculty, staff, and allies.

**Maimonides Society**
The mission of “Maimo” is to provide a framework for Jewish life at Perelman. We collaborate with other graduate schools, the Lubavitch House, and Hillel at Penn to host social events. We also host educational events that cover topics at the intersection of Judaism and medicine. We’re happy to answer all your questions about kosher food options, religious services, and the Philly Jewish social scene. We welcome students of all levels of religious observance!

**Penn Med Christian Fellowship**
PMCF is a student-run organization at Penn for Christians of ALL backgrounds and for those interested in Christianity. We have weekly meetings and organize opportunities for community service and mentorship with Christian doctors and healthcare professionals.

**Penn Med Veterans**
Penn Med Veterans is an opportunity for fellowship for veterans in Penn Medicine. This group works to: inform all medical students of veterans' perspectives and challenges within the VA health system and within society in general; engage in community service aimed at local veterans in need; assist potential student veterans with transitioning to medical school and understand the government and other resources available to them to support their education; and network with veterans in the Penn Med alumni network and medical community at large.

**South Asian Medical Students Association**
SAMoSA striving to strengthen the South Asian community amongst medical students, undergraduates, residents, and physicians at Perelman, increase awareness of South Asian health issues in the Penn community and Philadelphia, and strengthen South Asian collaboration across multiple Penn graduate programs.

**Student National Medical Association**
SNMA is the nation’s oldest and largest national student-run organization focused on the needs and concerns of medical students of color. SNMA is dedicated to ensuring that medical education and services are culturally sensitive to the needs of diverse populations, to serve underserved communities and to increasing the number of underrepresented minorities succeeding in medical school. We work to achieve these goals by providing peer mentoring, organizing community engagement and educational initiatives and participating in the recruitment of students of color to the Perelman School of Medicine.
There are many merit scholarships available, some specific for minority students and others open to a broader range of students. Below are a few examples of such scholarships.

- The Aetna Foundation/NMF Healthcare Leadership Program supports minority students who have demonstrated leadership in medicine at an early stage in their professional careers as identified by their medical schools. [www.nmfonline.org/programs/aetna-foundation](http://www.nmfonline.org/programs/aetna-foundation)

- The Gates Millennium Scholars (GMS) provides outstanding African American, American Indian/Alaska Native, Asian Pacific Islander American, and Hispanic American students with financial need with an opportunity to complete a graduate education for those students pursuing studies in mathematics, science, engineering, education, public health or library science. [www.gmsp.org/](http://www.gmsp.org/)

- Herbert W. Nickens Medical Student Scholarships are given to outstanding students entering their third year of medical school who have shown leadership in efforts to eliminate inequities in medical education and health care, and demonstrated leadership efforts in addressing educational, societal, and health care needs of minorities in the United States. [www.aamc.org/initiatives/awards/nickens-student/](http://www.aamc.org/initiatives/awards/nickens-student/)

- Hispanic Scholarship Fund (HSF) provides support for students confronting the challenges posed by a higher education. [hsf.net/en/scholarships/](http://hsf.net/en/scholarships/)

- The Paul and Daisy Soros Fellowship for New Americans supports graduate education for permanent residents or naturalized citizens and children of naturalized citizens. [www.pdsoros.org/apply](http://www.pdsoros.org/apply)

To explore a more complete listing of scholarship opportunities visit [www.med.upenn.edu/admissions/student-resources.html](http://www.med.upenn.edu/admissions/student-resources.html).
Many first year students choose to participate in research during the academic year and/or summer. Funding for your summer research is available through various grants, some of which are highlighted below, along with several summer research programs. Keep in mind that most applications require a proposal for a project in order to be considered. Several of the grant and program applications have deadlines in January or February, so it helps to begin thinking about summer research plans in November, December or during your winter break.

The best way to find a possible project is to find faculty members whose research interests you. The faculty listings in this Guide are a great place to start. Once you’ve identified some faculty members you’d be interested in working with, set up meetings via email to discuss the research opportunities they may have. Faculty members are generally open and welcome to talking and giving advice. Even if they don’t have immediate research opportunities, they can point you in the direction of other people who do. PDI faculty, professors, classmates and upperclassmen are also great resources to guide you in the right direction. Most importantly, stay informed and don’t be afraid to reach out to all the resources available to you in your search!

To get started with finding research opportunities, visit this website for step by step guides to conducting research during medical school: www.med.upenn.edu/mdresearchopps/index.shtml.

- The Guide for First Years Interested in Summer Research is a great place to begin learning more: www.med.upenn.edu/mdresearchopps/guide_firstyears.shtml
- Take advantage of the Short Term Research Opportunities guide. This extremely helpful resource is a comprehensive—though by no means complete—listing of projects and funding sources for opportunities available to medical students both here at Perelman and throughout the country. Most application deadlines are not until March, but there are some that are due as early as December. www.med.upenn.edu/mdresearchopps/shortterm_opps.shtml
- There are many opportunities specifically for underrepresented minorities, such as:
  - Mayo Clinic Summer Research Fellowship (SRF) - www.mayo.edu/msgme/diversity-programs/summer-research-fellowship
• Harvard Catalyst Visiting Research Internship Program (VRIP) - mfdp.med.harvard.edu/dcp-programs/medicalgraduate/visiting-research-internship-program

• NIH Minority Research Supplements - www.nigms.nih.gov/Research/Mechanisms/Pages/PromoteDiversity.aspx

• The American Gastroenterological Association (AGA) Investing in the Future Student Research Fellowship - www.gastro.org/grants/aga-investing-in-the-future-student-research-fellowship

• National Heart, Lung and Blood Institute Short-term Grant - grants.nih.gov/grants/oer.htm

YEAR-OUT RESEARCH FELLOWSHIPS

For those interested in a more in-depth research experience, a year-out research fellowship may prove to be a rewarding experience. A research fellowship gives one insight into a particular field as well as the chance to explore research as a possible career path.

Typically, the year out is taken after third year. There are numerous fellowship opportunities for both basic and clinical research opportunities at Penn, NIH, and other institutions. Most fellowship deadlines are in early January. Talk to Amy Nothelfer at nothelfe@mail.med.upenn.edu for a complete list and description of fellowships.

For more information also refer to: www.med.upenn.edu/mdresearchopps/yearout.shtml
Wellness Initiatives in PSOM promote mental and physical wellness, and build community between and among the PSOM classes. Wellness Initiatives in PSOM are organized by the Office of Student Affairs, PDI, and the Wellness Committee. Wellness programming encourages students to speak openly about their struggles, enables them to learn from their peers, and reminds them of the power and strength of the PSOM community. Below is a list of our current programming.

- The Community Conversations dinner series is offered monthly and co-sponsored by the House System and student groups. The series provides an opportunity for students from across the classes to gather and discuss hardships and successes. The events feature a series of speakers followed by facilitated small group break-out discussions.

- Dinners with Acquaintances continue the theme of connecting students between and across classes. DwA is a series of potlucks that bring groups of PSOM students together in an informal setting.

- Developed by Rachel Naomi Remen, MD (Kitchen Table Wisdom, My Grandfather’s Blessings), the Healer’s Art I and II electives are process-based courses which explore humanism in medicine using interactive and contemplative approaches. Healer’s Art I (for first-year students) and II (for third and fourth-year students) are offered in the spring covering topics such as “Meaning and Medicine” and “Service as a Way of Life.” Enrollment is limited to ensure an optimal experience for all participants.

- Offered each spring, the Mind-Body Medicine and Mindfulness Meditation elective provides a comprehensive overview of mindfulness-based stress management and mindfulness meditation. Students are taught mindfulness as a tool to cope with the demands of medical training while also maintaining connection to the human side of patient care. Participants receive extensive training in several mindfulness-based meditation practices and are taught to use mindfulness to enrich communication, facilitate learning, improve patient care, and enhance relationships. Students develop a powerful set of meditation-based tools that they can adapt to meet their own personal and professional goals.
• In the spring, first-year students leave the soothing comforts of their study spaces for the annual **MS1 Hiking Trip**. This is a three-day backpacking trip in the woods of the Delaware Water Gap in NJ. Students hike in small groups designed to connect classmates who do not know each other well. The trip allows MS1s to deepen their connections within the Penn Med community as well as provide a space for personal reflection, growth, and recuperation.

• **Perelman Pals** groups students together with two other classmates not in their doctoring team to facilitate near-peer mentoring and socializing across the classes.

• **Fitness Buddies** facilitates physical wellness by pairing PSOM students within and across classes based on fitness level and goals. After pairing students together and having a kick-off event at the beginning of the semester, the Wellness Committee checks in with pairs monthly to help students stay on course with their fitness goals. Near the end of the semester, all participants get together to share their fitness experiences and accomplishments.

• **Penn Med Yoga** provides free yoga classes twice each week for students to develop physical, mental and spiritual disciplines for personal growth.
WHERE TO GO FOR HELP

**CULTURAL**

**Program for Diversity & Inclusion**
Jordan Medical Education Center (JMEC), 6th Floor
[www.med.upenn.edu/diversityume](http://www.med.upenn.edu/diversityume)
PDl’s middle name is Diversity. Underrepresented students in medicine (URM) can always turn to us for advice, or just to talk. See **PDI: Who We Are** section of this Guide for info on our office hours, but you can also contact us to make an appointment: penndi@mail.med.upenn.edu

**ACADEMIC AND PROFESSIONAL**

**Center of Excellence for Diversity in Health Education and Research**
[www.med.upenn.edu/pcedher/](http://www.med.upenn.edu/pcedher/)
The Center’s activities and programs focus on training and educating under-represented physicians for faculty positions and for leadership positions in health care policy/administration and enhancing research on minority health issues.

**House Advisory Deans**
[www.med.upenn.edu/student/MedicalSchoolHouses.shtml](http://www.med.upenn.edu/student/MedicalSchoolHouses.shtml)
Each PSOM student is matched into one of four houses: Dickens, Morgan, Rhoads, or Wood. Students from across the classes are members of each house and the Houses offer opportunities to socialize with students from each of the classes. Each house has an Advisory Dean who checks in with students each semester and offers longitudinal advising. In addition, each house has a group of Master Clinicians who volunteer their time to provide mentorship and advice. Master Clinicians are physicians elected to the Academy of Master Clinicians, and are recognized for excellent judgment, integrity, and exemplary interpersonal and communication skills with patients and colleagues at all levels.

**Office of the Registrar**
JMEC, 6th Floor
Need help with course scheduling, lockers, clearances, IDs, or email accounts? The Registrar can help you with this and a whole lot more!

**Office of Student Affairs (OSA)**
JMEC, 6th Floor
OSA is also available for advice, advocacy, and career counseling. “No problem is too small for OSA.” Stop by any time!

**Program for Diversity & Inclusion**
JMEC, 6th Floor
Did we mention PDI? PDI faculty and staff are available to ALL students for help. See **PDI: Who We Are** in this Guide for info on our faculty, staff and office hours.

**UNIVERSITY-WIDE RESOURCES**

For a complete list of organizations at Penn visit [www.vpul.upenn.edu](http://www.vpul.upenn.edu).
The Graduate Student Center seeks to encourage the development of Penn’s graduate and professional student community through academic and social initiatives. They have a great space for studying that hosts various wellness activities, among many other events.

Graduate and Professional Student Assembly (GAPSA)

GAPSA is the student government body for graduate and professional students at the University of Pennsylvania. GAPSA activities include funding for student groups and travel grants, school-wide events, and discount tickets for performances and sports games.

Black Graduate and Professional Students Association (BGAPSA) and Latino Graduate and Professional Students Association (LaGAPSA)

BGAPSA and LaGAPSA seek to provide a centralized organizational structure that addresses academic, social, political needs and concerns of Black and Latino graduate students in order to improve quality of life at Penn.

The Lesbian Gay Bisexual Transgender Center is a home away from home for sexual and gender minorities and their allies at the University of Pennsylvania. Whether you are questioning your identity, in the process of coming out, or proudly identify as LGBTQIA, the Center is your space.

Penn Women’s Center

The Penn Women’s Center’s mission is to understand and address the evolving needs of all women at the University of Pennsylvania, redress gender inequity and, in so doing, support and advance women’s personal and professional development and empower them to reach their fullest potential. To this end the center sponsors a variety of programs and events, and advocates on issues of gender equity, health, childcare, workplace discrimination, domestic and sexual violence, and mental health.

Family Center at Penn

The Family Resource Center at Penn is a hub for information, resources, activities and advocacy for students and post-docs with children.

Hillel

The center for Jewish life at the University of Pennsylvania.
Office of the Chaplain
www.upenn.edu/chaplain/
240 Houston Hall, 3417 Spruce St.
Tel: 215.898.8456
The Office of the Chaplain offers pastoral support, guidance, or informal advising and counseling to all members of the Penn community.

Counseling and Psychological Services (CAPS)
www.vpul.upenn.edu/caps
3624 Market Street, 1st Floor West
Tel: 215.898.7021
If you are experiencing an emergency that cannot wait until our next day office hours, please call 215.898.7021 and press # 1.
CAPS offers free and confidential services to all Penn undergraduate, graduate, and professional students. Its goal is to help students manage personal challenges, psychological problems, and situational crises effectively, and learn strategies to cope with academic stress and skills for lifelong learning. It also offers a wide range of free and confidential services in a safe space to help students who have experienced violence of any kind and to help students who have been accused of committing violence. For a complete list of resources related to sexual violence visit: secure.www.upenn.edu/vpul/pvp/resources.php

Civic House
www.vpul.upenn.edu/civichouse/
3914 Locust Walk
Tel: 215.898.4831
Civic House is the University of Pennsylvania's hub for student-led community service and social advocacy work. Civic House promotes mutually beneficial collaborations between the Penn and West Philadelphia communities, and beyond. Through education, community connections, and other resources, Civic House prepares students for responsible and effective civic engagement and leadership.

University Ombudsman
www.upenn.edu/ombudsman/
113 Duhring Wing, 236 S. 34th St.
Tel: 215.898.8261
Many people only learn about and avail themselves of an ombudsman when they are in immediate need due to an escalating conflict or untenable situation. The University Ombudsman is available to listen and inquire into issues or complaints; to explore options for informal resolution of conflicts; to mediate specific disputes; to clarify and examine university policies and procedures; and to connect people with appropriate resources within the University.
COMMUNITY OUTREACH

Perelman students volunteer at a number of organizations for underserved or vulnerable populations throughout Philadelphia. Their service provides support to communities that too often are left out of the health care system, while allowing students to learn valuable skills.

Each August, PDI collaborates with students leaders of various student-led community outreach initiatives to host the Information Session and Volunteer Application Match. Due to the high demand for volunteer opportunities, the Information Session and Volunteer Application Match allow first year students to make informed decisions about volunteering, and ensure that organizations are connected with committed volunteers.

On the following pages you’ll find details on many of these groups. But make sure you attend the info session in August to find out how to get involved! You can contact the current student leadership of these programs in the meantime with questions. Please visit the Community Outreach section of PDI’s website for each group’s current student leaders: www.med.upenn.edu/diversityume.

EDUCATIONAL AND PATIENT OUTREACH

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<tr>
<td><strong>Time Commitment:</strong></td>
</tr>
<tr>
<td><strong>Location:</strong></td>
</tr>
<tr>
<td><strong>Patient Population:</strong></td>
</tr>
<tr>
<td><strong>Program’s Mission:</strong></td>
</tr>
<tr>
<td>Student Involvement:</td>
</tr>
<tr>
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</tbody>
</table>

### Cut Hypertension

<table>
<thead>
<tr>
<th>Time Commitment:</th>
<th>Alternating Saturdays, 1-2p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location:</td>
<td>Philly Cuts, 4409 Chestnut St.</td>
</tr>
<tr>
<td>Patient Population:</td>
<td>Clients of Philly Cuts, a barbershop in West Philadelphia</td>
</tr>
<tr>
<td>Program’s Mission:</td>
<td>To increase awareness about hypertension, improve health literacy, and encourage health seeking behavior in a vulnerable community.</td>
</tr>
<tr>
<td>Student Involvement:</td>
<td>Volunteers are trained to perform blood pressure evaluations, assess hypertension awareness, provide suggestions for blood pressure lowering modifications when appropriate, and encourage patrons to visit their primary care provider.</td>
</tr>
</tbody>
</table>

### Dance for Health

<table>
<thead>
<tr>
<th>Time Commitment:</th>
<th>Thursdays (day may change) 4:30-7:30p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location:</td>
<td>Sayre Recreation Center, 58th and Spruce Sts.</td>
</tr>
<tr>
<td>Patient Population:</td>
<td>Intergenerational community in West Philadelphia</td>
</tr>
<tr>
<td>Program’s Mission:</td>
<td>To increase physical activity through dance among children and their families with the goal of lowering the risk for obesity and type 2 diabetes.</td>
</tr>
<tr>
<td>Student Involvement:</td>
<td>Monitor the weights, heights, heart rates, pedometer steps of participants and obtain survey data. Develop new outcomes to study and present data at a national conference.</td>
</tr>
</tbody>
</table>

### Educational Pipeline Program

<table>
<thead>
<tr>
<th>Time Commitment:</th>
<th>At least one 90-minute lesson, held weekly throughout the spring semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location:</td>
<td>Jordan Medical Education Center</td>
</tr>
<tr>
<td>Patient Population:</td>
<td>Sayre and West Philadelphia high school students, many have had limited access to role models in the sciences</td>
</tr>
<tr>
<td>Program’s Mission:</td>
<td>To encourage high school students from backgrounds underrepresented in medicine to aspire to medical careers.</td>
</tr>
<tr>
<td>Student Involvement:</td>
<td>MS1s teaching assistants can teach lessons in cardiology, gastroenterology, and neurology, run activities, lead small groups, and even help to design some lessons. Limited knowledge of subjects is ok!</td>
</tr>
</tbody>
</table>

### Huey Health Science Exploration

<table>
<thead>
<tr>
<th>Time Commitment:</th>
<th>Weekly 4:15- 5:45p (day may change) for 3 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location:</td>
<td>Samuel B. Huey Elementary School, 5200 Pine St.</td>
</tr>
<tr>
<td>Patient Population:</td>
<td>Low income and underserved 4th - 7th graders in West Philadelphia</td>
</tr>
<tr>
<td>Program’s Mission:</td>
<td>Huey HSE is a collaborative, community-centered partnership that increases student health knowledge and skills through an engaging, interactive curriculum in order to promote</td>
</tr>
<tr>
<td>Community Health and Diminish Education-Related Disparities</td>
<td></td>
</tr>
<tr>
<td>-------------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td><strong>Student Involvement:</strong> Volunteers develop and execute the health curriculum in conjunction with MD and MPH students; volunteers are responsible for leading small groups, keeping students on task and facilitating activities to maximize engagement.</td>
<td></td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th><strong>Penn Language Link</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Time Commitment:</strong> Based on scheduling, as needed</td>
</tr>
<tr>
<td><strong>Location:</strong> Primarily Perelman Center for Advanced Medicine; other University of PA Health System facilities, as needed</td>
</tr>
<tr>
<td><strong>Patient Population:</strong> University of PA Health System patients with limited English proficiency</td>
</tr>
<tr>
<td><strong>Program’s Mission:</strong> To provide free, professional, in-person, medical interpreting for patients with limited English proficiency.</td>
</tr>
<tr>
<td><strong>Student Involvement:</strong> Volunteers will be trained and certified as professional Interpreters. They sign up to an email listserv for their language and respond to jobs as needed.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Service Link</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Time Commitment:</strong> 4 hour blocks at least twice/month, plus training</td>
</tr>
<tr>
<td><strong>Location:</strong> Primary and community care sites in West Philadelphia</td>
</tr>
<tr>
<td><strong>Patient Population:</strong> Various underserved populations</td>
</tr>
<tr>
<td><strong>Program’s Mission:</strong> To improve the health of Philadelphians by linking them with public benefits and community resources to address their non-medical determinants of health.</td>
</tr>
<tr>
<td><strong>Student Involvement:</strong> Volunteers work closely with patients to secure basic living and health needs including healthy food options, utility payments, prescription payments, employment assistance, and legal support.</td>
</tr>
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<table>
<thead>
<tr>
<th><strong>Summer Mentorship Program</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Time Commitment:</strong> Month of July; additional time in May &amp; June for planning</td>
</tr>
<tr>
<td><strong>Location:</strong> Jordan Medical Education Center</td>
</tr>
<tr>
<td><strong>Patient Population:</strong> 9th and 10th graders from Philadelphia public schools</td>
</tr>
<tr>
<td><strong>Program’s Mission:</strong> To inspire Philadelphia public high school students from underserved and underrepresented backgrounds to view higher education as an achievable and worthwhile goal.</td>
</tr>
<tr>
<td><strong>Student Involvement:</strong> Design programming, interact with the high school students, and have fun!</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th><strong>Clinical Opportunities</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Covenant House</strong></td>
</tr>
<tr>
<td><strong>Time Commitment:</strong> Wednesday, 6-8p (Activity Night) &amp; Friday, 10a-4p (Clinic); Coordinators: 1-2 activity nights and 1-2 clinic days/month; everyone else is welcome for any activity night.</td>
</tr>
<tr>
<td><strong>Location:</strong> Covenant House Crisis Center, 31 E. Armat St.</td>
</tr>
<tr>
<td><strong>Patient Population:</strong> Homeless and runaway youth (18-21)</td>
</tr>
<tr>
<td><strong>Program’s Mission:</strong></td>
</tr>
<tr>
<td>------------------------</td>
</tr>
<tr>
<td><strong>Student Involvement:</strong></td>
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### Heart Health Bridge to Care (HHBC)

<table>
<thead>
<tr>
<th><strong>Time Commitment:</strong></th>
<th>Monday 5-9p every other week; 2-3 hrs/week outside of clinic time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Location:</strong></td>
<td>First African Presbyterian Church, 42nd and Girard Ave.</td>
</tr>
<tr>
<td><strong>Patient Population:</strong></td>
<td>Underinsured and uninsured patients in West Philadelphia with chronic cardiovascular disease</td>
</tr>
<tr>
<td><strong>Program’s Mission:</strong></td>
<td>HHBC provides longitudinal heart health primary care services to uninsured patients, while also offering social work support to connect patients to insurance and permanent medical homes.</td>
</tr>
<tr>
<td><strong>Student Involvement:</strong></td>
<td>Volunteers assume responsibility for several patients and see them in clinic on a regular basis; visits include taking a history, performing a brief physical, presenting patients to physician attendings, and developing a plan for ongoing care.</td>
</tr>
</tbody>
</table>

### Homeless Health Initiative (HHI)

<table>
<thead>
<tr>
<th><strong>Time Commitment:</strong></th>
<th>Tuesday 6-8 pm; 1 or 2 days/semester for volunteers, once/month for coordinators</th>
</tr>
</thead>
</table>
| **Location:**        | 1. The People’s Emergency Center, 3902 Spring Garden St.  
2. St. Barnabas, 6006 W. Girard Ave.  
3. Jane Addams Place, 25 South 43rd St. |
| **Patient Population:** | Homeless children in West Philadelphia |
| **Program’s Mission:** | HHI provides clinical care and social support to children residing in 1 of three homeless shelters in West Philadelphia with a collaborative team of nurses, residents, physician attendings, social workers and medical students. |
| **Student Involvement:** | Depending on the volunteers’ level of comfort, they can take pediatric histories and complete physical exams. For newer students, the residents are great at teaching basic clinical care and involve us in the care of the patient. |

### Penn Center for Primary Care Refugee Women’s Clinic

<table>
<thead>
<tr>
<th><strong>Time Commitment:</strong></th>
<th>Monday 1-5p; 3-4 days/semester</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Location:</strong></td>
<td>Penn Center for Primary Care, Presbyterian Hospital, Medical Arts Building, Suite 102</td>
</tr>
<tr>
<td><strong>Patient Population:</strong></td>
<td>Iraqi, Bhutanese, Burmese, and Sudanese refugee women who have recently been resettled in the Philadelphia area</td>
</tr>
<tr>
<td><strong>Program’s Mission:</strong></td>
<td>To provide comprehensive, sensitive women’s health care and education to refugee women who have been resettled in Philadelphia.</td>
</tr>
<tr>
<td><strong>Student Involvement:</strong></td>
<td>Students are involved in patient education and help increase</td>
</tr>
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patient comfort during exams by accompanying them on their visits.

<table>
<thead>
<tr>
<th><strong>Penn Human Rights Clinic (PHRC)</strong></th>
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<tbody>
<tr>
<td><strong>Time Commitment:</strong></td>
<td>Based on scheduling, 1 day per year</td>
</tr>
<tr>
<td><strong>Location:</strong></td>
<td>3535 Market Street (may vary)</td>
</tr>
<tr>
<td><strong>Patient Population:</strong></td>
<td>Immigrants from around the world seeking asylum in the U.S.</td>
</tr>
<tr>
<td><strong>Program’s Mission:</strong></td>
<td>PHRC coordinates medical evaluations for immigrants seeking asylum in the US to provide them with legal documentation to support their cases.</td>
</tr>
<tr>
<td><strong>Student Involvement:</strong></td>
<td>Students observe the evaluation and assist physicians in drafting medical affidavits. There might also be a need for medical interpreters.</td>
</tr>
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<thead>
<tr>
<th><strong>United Community Clinic (UCC)</strong></th>
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<tbody>
<tr>
<td><strong>Time Commitment:</strong></td>
<td>Monday 5-9p; 1 day/month</td>
</tr>
<tr>
<td><strong>Location:</strong></td>
<td>First African Presbyterian Church, 42nd and Girard Ave.</td>
</tr>
<tr>
<td><strong>Patient Population:</strong></td>
<td>Low income and uninsured patients in West Philadelphia</td>
</tr>
<tr>
<td><strong>Program’s Mission:</strong></td>
<td>UCC brings together students and professionals from a variety of disciplines to serve the needs of the East Parkside community.</td>
</tr>
<tr>
<td><strong>Student Involvement:</strong></td>
<td>Volunteers perform a history and physical exam, work with fourth year students to generate a differential diagnosis, and assist attending physicians in diagnosing and treating patients seeking care.</td>
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<table>
<thead>
<tr>
<th><strong>Unity Clinic</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>Time Commitment:</strong></td>
<td>Tuesday 5:30-8:30p; 1 day/month</td>
</tr>
<tr>
<td><strong>Location:</strong></td>
<td>St. Edmund's Refectory, 2130 S. 21st Street</td>
</tr>
<tr>
<td><strong>Patient Population:</strong></td>
<td>Uninsured Indonesian immigrants of Chinese descent</td>
</tr>
<tr>
<td><strong>Program’s Mission:</strong></td>
<td>Unity Clinic acts as the primary care source for a population of uninsured Indonesian immigrants in South Philly, who come to Unity for all of their healthcare needs.</td>
</tr>
<tr>
<td><strong>Student Involvement:</strong></td>
<td>Volunteers scribe for residents and physician attendings during patient visits, participate in the history/physical as they feel comfortable, and train and assist the clinic staff in the implementation of electronic health record system.</td>
</tr>
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<thead>
<tr>
<th><strong>University City Hospitality Coalition (UCHC)</strong></th>
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<tbody>
<tr>
<td><strong>Time Commitment:</strong></td>
<td>Wednesday, 5-8pm; 3 days/semester</td>
</tr>
<tr>
<td><strong>Location:</strong></td>
<td>St Agatha St James Church, 38th and Chestnut Sts.</td>
</tr>
<tr>
<td><strong>Patient Population:</strong></td>
<td>Low income and homeless patients in West Philadelphia</td>
</tr>
<tr>
<td><strong>Program’s Mission:</strong></td>
<td>UCHC collaborates with social work, dental, law, and pharmacy students to serve the acute and chronic health care needs of a largely homeless population in West Philadelphia.</td>
</tr>
<tr>
<td><strong>Student Involvement:</strong></td>
<td>Volunteers perform a history and physical exam, work with fourth year students to generate a differential diagnosis, and assist attending physicians in diagnosing and treating patients seeking care.</td>
</tr>
</tbody>
</table>
**SOCIAL JUSTICE**

“The best way to find yourself is to lose yourself in the service of others.”
-Mahatma Gandhi

Students at Perelman School of Medicine have increasingly placed social justice at the top of their list of values. In December 2014, medical students along with residents and nursing students organized a "die-in" in the street in front of the Penn Bookstore as part of the #whitecoats4blacklives National White Coat Die-In Demonstrations to show solidarity with the #BlackLivesMatter movement. In the wake of the die-in, a new student group, Students Opposing Racism in Medicine (StORM), formed as the Penn branch of White Coats for Black Lives. This organization is interested in racial and health care justice and works to continue the dialogue on institutional racism at the medical school, as well as look for ways to influence anti-racist policies. These values are in line with those of White Coats for Black Lives National, which you can read about at: www.whitecoats4blacklives.org.

Given the importance of social justice, this section of the Diversity Guide was designed to provide information on various organizations throughout Philadelphia committed to eradicating inequity.

**COMMUNITY EMPOWERMENT**

**Lutheran Settlement House (LSH)**
[www.lutheransettlement.org/](http://www.lutheransettlement.org/)
Lutheran LSH is a non-profit, community-based organization committed to serving vulnerable children, adults, and families living in Philadelphia. Programs include Bilingual Domestic Violence Programs, Community Education and Employment Department, Homeless Services, Senior Services, and Medical Advocacy.

**Media Mobilizing Project (MMP)**
MMP uses media to organize poor and working people to tell their stories to each other and the world, disrupting the stereotypes and structures that keep communities divided.

**Point Breeze Organizing Committee**
[www.facebook.com/PointBreezeOrganizing/](http://www.facebook.com/PointBreezeOrganizing/)
Point Breeze Organizing Committee is a coalition of new and long-term residents fighting for community control in their neighborhood.
FAITH-BASED ORGANIZATIONS

Jewish Voices for Peace
https://jewishvoiceforpeace.org/
Jewish Voice for Peace members are inspired by Jewish tradition to work together for peace, social justice, equality, human rights, respect for international law, and a U.S. foreign policy based on these ideals.

POWER
http://powerinterfaith.org/
We are Organized to Witness, Empower & Rebuild (POWER). We are congregations from all across the city, intentionally bringing people together across the lines of race, faith, level and neighborhood. We are people of faith committed to the work of bringing about justice here and now, in our city and our region.

FOOD JUSTICE

Agatston Urban Nutrition Initiative (AUNI)
www.urbannutrition.org/
AUNI is a program of the Netter Center for Community Partnerships at the University of Pennsylvania that engages, educates and empowers youth, university students, and community members to promote healthy lifestyles and build a just and sustainable food system.

Philabundance
www.philabundance.org/
Philabundance is the region’s largest hunger relief organization. Philabundance addresses hunger through direct service programs and a network of 400 member agencies, as well as contributes to a broad spectrum of social services through food cupboards, emergency kitchens, shelters, daycare and senior centers and beyond.

FUNDING FOR SOCIAL MOVEMENTS

Bread and Roses Fund
http://breadrosesfund.org/
Bread & Roses is a unique gathering of activists committed to supporting social justice by raising and distributing funds. Bread & Roses has distributed over $10 million to groups working for access to health care; economic justice; a clean, safe environment; civil and human rights; peace; and other social justice issues. In addition, Bread & Roses provides services, like technical assistance and leadership development, to grantees and donors.

GENDER-BASED ORGANIZATIONS

Women’s Medical Fund
www.womensmedicalfund.org/
Women’s Medical Fund provides direct financial assistance and other support to low-income women and girls in Southeastern Pennsylvania who wish to terminate a pregnancy but cannot afford a safe, legal abortion. WMF educates health care professionals about the use of Medicaid to fund abortion, and raises public awareness of the devastating impact of denying access to safe legal abortions.
Women’s Law Project
www.womenslawproject.org/
The Mission of the Women's Law Project is to create a more just and equitable society by advancing the rights and status of all women. It engages in high-impact litigation, advocacy, and education to challenge gender discrimination.

Women Against Abuse
www.womenagainstabuse.org/
Women Against Abuse is Philadelphia's leading domestic violence advocate and service provider and among the largest domestic violence agencies in the country. Its mission is to provide quality, compassionate, and nonjudgmental services in a manner that fosters self-respect and independence in persons experiencing intimate partner violence and to lead the struggle to end domestic violence through advocacy and community education.

HEALTH ACCESS

CHOICE: Concern for Health Options: Information, Care, and Education
http://choice-philadelphia.org/wp/
CHOICE is a community-based organization dedicated to increasing awareness of and access to reproductive, sexual, and maternal/child health services. It is primarily concerned with the distinctive needs of women, youth, and other minority populations from under-served communities who have traditionally experienced barriers to care.

Health Federation of Philadelphia
http://www.healthfederation.org/
The mission of the Health Federation of Philadelphia is to improve access to and quality of health care services for underserved and vulnerable individuals and families. Since 1983, The Health Federation has served as a network of the community health centers in Southeastern Pennsylvania, providing a forum for the region’s federally qualified health centers and the Philadelphia Department of Public Health to collaborate and mobilize resources for their shared goals of improving the health of the population by expanding access to high quality care.

Mazzoni Center
https://www.mazzonicenter.org/
Mazzoni Center specifically targets the unique health care needs of the lesbian, gay, bisexual, and transgender communities to provide quality comprehensive health and wellness services in an LGBT-focused environment, while preserving the dignity and improving the quality of life of the individuals we serve.

Prevention Point Philadelphia (PPP)
http://ppponline.org/
PPP is a non-profit agency in the Kensington section of North Philadelphia. It is a multi-service public health organization committed to protecting the health and welfare of the homeless, the uninsured, individuals suffering from substance abuse, and sex industry workers.
Youth Health Empowerment Project (Y-HEP)
http://www.y-hep.org/
Y-HEP is comprehensive adolescent and young adult program that offers holistic health services, sexual health education, drop in day services, and leadership activities to over 3000 high-risk/high promise, low-income, urban youth ages 13-24 living in Philadelphia.

HIV/AIDS Advocacy

ACT UP
http://www.actupphilly.org/
ACT UP stands for the AIDS Coalition to Unleash Power. ACT UP is committed to ending the AIDS crisis through direct action, and addresses social inequities that threaten people living with HIV/AIDS and those at risk of infection, both in Philadelphia and around the world.

Philadelphia FIGHT
https://fight.org/
Philadelphia FIGHT is a comprehensive AIDS service organization with a mission to provide state-of-the-art, culturally competent primary care to low income members of the community, HIV specialty care, consumer education, advocacy, social services, and outreach to people living with HIV and those who are at high risk, including family members, communities with high rates of HIV, formerly incarcerated persons, and young people at risk, along with access to the most advanced clinical research in HIV treatment and prevention.

Positive Women’s Network
pwnusa.wordpress.com/about/regional-chapters/pwn-usa-philadelphia/
Positive Women’s Network is a national membership body of women living with HIV inclusive of all sexual and gender expressions. PWN works to achieve HIV-related policies and programs grounded in gender equity and human rights.

Housing Equity

Project HOME
https://projecthome.org/
The mission of the Project HOME community is to empower adults, children, and families to break the cycle of homelessness and poverty, to alleviate the underlying causes of poverty, and to enable all to attain their fullest potential as individuals and as members of the broader society.

Human Rights Organization

American Civil Liberties Union-Philadelphia Branch
http://www.aclupa.org/
Through advocacy, education and litigation, ACLU attorneys, advocates and volunteers work to preserve and promote civil liberties including the freedom of speech, the right to privacy, reproductive freedom, and equal treatment under the law.
**IMMIGRANT, REFUGEE, AND ETHNIC GROUP ORGANIZATIONS**

**Boat People SOS**
http://www.bpsos.org/
A national Vietnamese American community organization, Boat People SOS has a mission to "empower, organize, and equip Vietnamese individuals and communities in their pursuit of liberty and dignity."

**Congreso de Latinos Unidos**
http://www.congreso.net/
Congreso's mission is to strengthen Latino communities through: social, economic, education, and health services; leadership development; and advocacy. Congreso is a nationally recognized multi-service organization. Congreso's goal is to alleviate poverty and promote economic self-sufficiency to ensure that our most vulnerable populations have the educational credentials and workforce skills to compete in a global economy.

**Juntos**
http://vamosjuntos.org/
Juntos is a Latino immigrant community-led organization in Philadelphia fighting for human rights as workers, parents, youth, and immigrants. JUNTOS combines leadership development, community organizing, and focused collaborations with other community-based and advocacy organizations to build the power of the Latino immigrant community to be active agents of change.

**New Sanctuary Movement of Philadelphia**
http://sanctuaryphiladelphia.org/
New Sanctuary Movement builds community across faith, ethnicity, and class in its work to end injustices against immigrants regardless of immigration status, express radical welcome for all, and ensure that values of dignity, justice, and hospitality are lived out in practice and upheld in policy.

**Southeast Asian Mutual Assistance Associations Coalition, Inc (SEAMAAC)**
http://seamaac.org/
SEAMAAC is an organization that supports immigrants, refugees, and their families as they seek access to opportunities which would advance the condition of their lives in United States. SEAMAAC seeks to recapture the resilient spirit and strengths of immigrants and refugees to adapt, survive, and flourish in the United States.

**LABOR JUSTICE**

**Friends of Farmworkers**
http://www.friendsfw.org/
Friends of Farmworkers improves the living and working conditions of vulnerable low wage farmworkers, mushroom workers, landscaping workers, and food processing workers in PA through the provision of legal services, education, and advocacy. It provides free legal representation on employment-related issues to eligible PA workers, and community education on legal rights for migrant and immigrant workers.
Jobs with Justice
http://www.jwj.org/
Jobs with Justice believes that all workers should have collective bargaining rights, employment security and a decent standard of living within an economy that works for everyone. It brings together labor, community, student, and faith voices at the national and local levels to win improvements in people’s lives and shape the public discourse on workers’ rights and the economy.

Unite Here
http://unitehere.org/
UNITE HERE changes lives by improving wages and benefits in thousands of traditionally low-wage sectors, creating jobs that sustain families. It represents workers throughout the US and Canada who work in the hotel, gaming, food service, airport, textile, manufacturing, distribution, laundry, and transportation industries.

LGBTQ Rights

William Way Community Center
http://waygay40.org/
The William Way Community Center encourages, supports, and advocates for the well-being and acceptance of sexual and gender minorities in the Greater Philadelphia region through service, recreational, educational, and cultural programming.

GALAEI
http://www.galaei.org/
GALAEI is a queer Latin@ social justice organization with a strong commitment to being a community-based organization dedicated to serving Latinidad through leadership and economic development, sexual empowerment, and grassroots organizing. GALAEI embodies the common history of resistance and resilience of Latin@ and queer people.

PRISON-BASED ACTIVISM

Decarcerate PA
http://www.decarceratepa.info/
Decarcerate PA is a coalition of organizations and individuals seeking an end to mass incarceration and the harms it brings our communities. Decarcerate PA seeks mechanisms to build whole, healthy communities and believes that imprisonment exacerbates the problems we face.

Human Rights Coalition
http://hrcoalition.org/
The Human Rights Coalition is a group of predominately prisoners’ families, ex-prisoners and supporters. Its goal is to make visible to the public the injustice and abuse that are common practice throughout our judicial and prison systems across the country, and eventually end those abuses.

The Innocence Project-Philadelphia Branch
http://innocenceprojectpa.org/
The Pennsylvania Innocence Project works to exonerate those convicted of crimes they did not commit and
to prevent innocent people from being convicted.

**PUBLIC EDUCATION**

**Teacher Action Group**
http://tagphilly.org/
TAG Philadelphia works to strengthen the influence of educators within schools and over policy decisions. While partnering with parent, student, and community groups, TAG is committed to fostering positive school transformation, environments where students and teachers can thrive, and community ownership and influence within education.

**YOUTH EMPOWERMENT**

**The Attic Youth Center**
https://www.atticyouthcenter.org/
The Attic Youth Center creates opportunities for LGBTQ youth to develop into healthy, independent, civic-minded adults within a safe and supportive community, and promotes the acceptance of LGBTQ youth in society. The Attic’s goal is to reduce the isolation felt by LGBTQ youth by providing a sense of community and developing programs and services to counteract the prejudice and oppression that LGBTQ youth often face.

**Out4STEM**
http://collegeofphysicians.org/education/out4stem/
Out4STEM is a collaborative program between the College of Physicians of Philadelphia, Educational Justice Coalition, and the LGBTPM+ student group. Out4STEM provides Philadelphia’s LGBTQ youth with STEM-centered mentorship, academic support, and career advice in an inclusive safe space. Drawing on the resources of the College of Physicians of Philadelphia and the Mütter Museum, the program aims to promote resilience, peer-support networks and diverse educational experiences.

**Philly Student Union**
http://phillystudentunion.org/
The Philadelphia Student Union is a youth-led organization that works to demand a high quality education in the Philadelphia public school system. Members also work toward becoming life-long learners and leaders who can bring diverse groups of people together to address the problems that face their communities.

**Sojourner Leadership Camp**
http://girlsleadershipcamp.org/
The mission of Girls’ Leadership Camp is to help girls become leaders who take charge of their own lives and also act as agents of positive change in their communities. Girls aged 8-17 years-old are hosted at Camp Sojourner, a summer overnight camp program, and involved in year-round mentoring, service projects, creative arts, and leadership activities.

**University Community Collaborative**
http://uccollab.org/
The Collaborative prepares and supports youth and young adults to
become confident, effective leaders and creates cultures that value and integrate the contributions of youth, thereby building stronger communities. Their activities are concentrated in three areas: building young leaders through the programming continuum, building organizational and community capacity through training and technical assistance, and building collective knowledge through research.

Youth Art and Self Empowerment Project (YASP)
http://www.yasproject.com/
YASP conducts art, poetry, music, and empowerment workshops at the Philadelphia Industrial Correctional Center (PICC) and Riverside Correctional Facility (RFC) every Saturday with young people under 18 who are being tried as adults. It also gives leadership building workshops at schools and colleges to teach youth about the flaws of the criminal justice system and how to avoid a life of crime.

Youth United for Change (YUC)
http://youthunitedforchange.org/
YUC is an organization dedicated to developing young leaders in Philadelphia and empowering them to improve the quality of their education and their communities to better meet their needs. This diverse group of students comes together to identify common concerns in their school or community, and takes collective action to address their concerns.
At Perelman, you are invited to expand your knowledge of and experience in global health. You may focus on research or on clinical activities -- in resource-rich or resource-poor countries. You can also have a global health experience without leaving home by working with an immigrant community in Philadelphia, serving as an interpreter, and/or acting as a peer host for a visiting international medical student. The Center for Global Health (CGH), in cooperation with the Office of the Registrar of the Perelman School of Medicine, coordinates global health experiences, provides course work in global health, and advises students on how to earn a Global Health Certificate to accompany the MD degree. Competitive scholarships and prizes for global health may also be available.

CGH coordinates global activities of the Perelman School of Medicine at the University of Pennsylvania, and supports the international aspects of our research, educational, and service programs. CGH’s activities include: (i) placement of Penn medical students in international rotations, and hosting of international medical students at Penn; (ii) facilitation of international research initiatives and sponsored programs undertaken by faculty of the School of Medicine; (iii) coordination of global activities with other schools of the University, and the Office of the Provost; (iv) provision of information for faculty, students, and administration; and (vi) representation of the School of Medicine in interactions with international institutions.

Perelman's medical school curriculum lends itself to international experiences at two junctures. During the summer between MS1 and MS2, students can pursue research experiences of 1-2 months; during the last 18 months of the curriculum, from January of the 3rd year to graduation, students can take either a research or a clinical rotation of 1-3 months. Responsibility for advising students regarding international experiences is shared between the Global Health Programs Office and the Office of the Registrar of the School of Medicine.

Since 2006, 80 to 100 Penn Med students a year participate in global health activities in 15 to 30 different countries, the majority of which are in low-resource areas. You can view a table of all opportunities at http://www.med.upenn.edu/globalhealth/GHEOpportunities.shtml or visit http://www.med.upenn.edu/globalhealth/penn_students.shtml for more information on global health experiences for Perelman students.
This section of the Guide features information on selected faculty from the various clinical departments in the School of Medicine that students can contact to learn about a specialty and/or area practice, as well as obtain information on potential mentoring and/or research opportunities.

Although you have certainly heard this before, it cannot be overstated: good mentoring and timely advice are crucial for professional success. More specifically, however, while some of you may have already “ruled out” or decided upon a certain specialty, many of you have not yet determined your future field. In order to make a more informed decision or explore a variety of careers, we encourage you to reach out to these and (other faculty) over the course of your first year.

So introduce yourself via email and arrange to meet them. Remember, it’s what and who you know that will help you realize your career aspirations. If, by chance, you are interested in a field or specialty for which faculty are not listed, please email a faculty member of the Program for Diversity and Inclusion for suggestions.

Get the ball rolling early! Set a goal to make the acquaintance of at least three faculty members during each semester! These faculty are excited to mentor students and open to being contacted. They are just waiting for you to reach out.
**ADOLESCENT MEDICINE**

**Kenisha Campbell, MD, MPH**
campbellk1@email.chop.edu

**How are you able to help med students?**
Mentoring, Shadowing

“I am passionate about Adolescent Medicine and would love to see more students of color involved in this field. I feel that due to my background I am able to relate better to many of my patients, and it makes a difference to them and their families. I also raised a child through medical school onward and dealt with numerous hardships, so definitely have a unique perspective regarding work-life balance and the importance of hard work, belief in oneself and dedication to success.”

**Positions Currently Held:**
Director, Adolescent Medicine Outpatient Clinical Services

**Academic/Clinical/Research Interests:**
Primary Care, Eating Disorders, Contraception/Family Planning, Teen Pregnancy Prevention, Menstrual Disorders, Health Disparities/Social Determinants of Health, Administration

**Undergraduate Education:**
Cornell University

**Medical School Education:**
Washington University School of Medicine

**Other Graduate Education:**
University of Cincinnati

**Master of Public Health**

**Nadia Dowshen, MD**
dowshenn@email.chop.edu

**How are you able to help med students?**
Mentoring, Research, Shadowing, Social Justice

“I grew up going to public school in Philadelphia where the health inequities I witnessed served as the basis for my career in adolescent medicine to address health inequality for youth. I am very interested in mentoring students with similar interest in addressing health inequality and particularly for underrepresented minority students.”

**Positions Currently Held:**
Director, Adolescent HIV Services Co-founder and Director, Gender and Sexuality Development Clinic, Covenant House, CHOP

**Academic/Clinical/Research Interests:**
Improving health of marginalized youth, particularly those living with or at-risk for HIV infection (YMSM and YTW of color), LGBT and homeless youth

**Undergraduate Education:**
University of Pennsylvania

**Medical School Education:**
University of Pennsylvania

**Other Graduate Education:**
Residency and Fellowship-CHOP
Jennifer Louis-Jacques, MD, MPH
louisjacquesj@email.chop.edu

How are you able to help med students?
Mentoring, Shadowing

Positions Currently Held:
Assistant Professor, Clinical Pediatrics

Undergraduate Education:
Cornell University

Academic/Clinical/Research Interests:
Graduate medical education, improving evaluation and assessment of rotations, teachers and learners. I currently run the outpatient adolescent medicine rotation for CHOP pediatrics residents.

Medical School Education:
New York University School of Medicine

Other Graduate Education:
Columbia University- Mailman School of Public Health (MPH)

ANESTHESIOLOGY & CRITICAL CARE

Robert Gaiser, MD, MS Ed
gaiserr@uphs.upenn.edu

"The best thing about Penn is the opportunity to work with students. My interest is Anesthesiology and I would be happy to discuss career paths or research opportunities. Although I won’t always have the answer, I will know who to contact. Go Quakers!"

Positions Currently Held:
Professor, Anesthesiology & Critical Care
Vice Chair, Residency Review Committee of Anesthesiology
Chair, Basic Examination Committee
Director, American Board of Anesthesiology
President-Elect, Society of Obstetric Anesthesia & Perinatology

Academic/Clinical/Research Interests:
Obstetric anesthesiology

Undergraduate Education:
University of Pennsylvania

Medical School Education:
Columbia University College of Physicians and Surgeons

Meghan Lane-Fall, MD, MSHP
meghan.lane-fall@uphs.upenn.edu

How are you able to help med students?
Mentoring, Research, Shadowing

"As a medical student, I had few faculty mentors who could relate to coming from a family with few or no professionals, or who could relate to the experience of underrepresented minority students. I hope to be a source of support and reality testing for students who aren’t quite sure if/how they fit into the culture of medicine."

Positions Currently Held:
Assistant Professor, Anesthesiology and Critical Care

Undergraduate Education:
UC Berkeley

(continued on next page)
Co-Director, Center for Perioperative Outcomes Research and Transformation
Senior Fellow, Leonard Davis Institute of Health Economics
Core Faculty, Center for Healthcare Improvement and Patient Safety

Academic/Clinical/Research Interests:
Critical care medicine, Teamwork and communication in healthcare, Handoffs
Human factors, Qualitative and mixed methods research, Diversity in the healthcare workforce, Outcomes after critical illness

Medical School Education:
Yale University

Other Graduate Education:
University of Pennsylvania (MSHP)

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**Pediatric Anesthesiology**

<table>
<thead>
<tr>
<th>Name</th>
<th>How are you able to help med students?</th>
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<tbody>
<tr>
<td>John Fiadjoe, MD</td>
<td>Mentoring, Research, Shadowing</td>
</tr>
<tr>
<td>Jorge Galvez, MD</td>
<td>Mentoring, Research, Shadowing</td>
</tr>
<tr>
<td>Scott Hines, MD</td>
<td>Mentoring, Shadowing</td>
</tr>
</tbody>
</table>

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John Fiadjoe, MD
fiadjoej@email.chop.edu

Positions Currently Held:
Assistant Professor, Anesthesiology

Academic/Clinical/Research Interests:
Airway management in children

Undergraduate Education:
Johns Hopkins University

Medical School Education:
Northwestern Feinberg School of Medicine

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Jorge Galvez, MD
galvezj@email.chop.edu

“I am interested in mentoring any students interested in pediatric anesthesiology and informatics. Minorities, and women in particular, are notably under-represented in this area. I am happy to provide mentoring support to anyone interested. I am also an ally for the LGBT community.”

Positions Currently Held:
Assistant Professor, Anesthesiology & Critical Care Medicine

Academic/Clinical/Research Interests:
Pediatric Anesthesiology, Clinical Decision Support, Electronic Health Records, Data Visualization, Big Data, App Development, Biomedical Informatics.

Undergraduate Education:
University of Miami

Medical School Education:
Yale University School of Medicine

Other Graduate Education:
Oregon Health & Science University (MBI, candidate 2016)

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Scott Hines, MD
hiness@email.chop.edu

“How are you able to help med students?
Mentoring, Shadowing

“My interests are primarily clinical and teaching related to pediatrics and pediatric anesthesiology. Making time for my family is a priority for me, and I am open to speaking frankly about finding a clinical niche while negotiating the work-life balance.”

Positions Currently Held:
Attending, Pediatric Anesthesiology

Undergraduate Education:
(continued on next page)
Assistant Professor, Perelman School of Medicine

**Academic/Clinical/Research Interests:**
Clinical interests – neuroanesthesia; academic interests - bedside/OR and didactic/small group teaching of medical students, residents, fellows

College of William & Mary

**Medical School Education:**
Albany Medical College

**Other Graduate Education:**
Pediatrics, Brown University/Hasbro Children’s Hospital, Anesthesiology, Hospital of UPenn, Fellowship Pediatric Anesthesiology, CHOP

**BIOETHICS**

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**Autumn Fiester, PhD**
fiester@upenn.edu

“There aren’t enough women in leadership positions in academic medicine, so I hope to encourage more women to seek that path.”

**Positions Currently Held:**
Director, Education, Department of Medical Ethics & Health Policy
Assistant Professor and Co-Director, Queer Bioethics Project

**Undergraduate Education:**
Harvard University

**Other Graduate Education:**
University of Pennsylvania

**Academic/Clinical/Research Interests:**
LGBT bioethics, clinical ethics, mediation, moral theory

**Joshua B. Kayser, MD, MPH**
joshua.kayser@va.gov

**Positions Currently Held:**
Assistant Professor, Clinical Medicine, Pulmonary, Allergy & Critical Care
Director, Medical Intensive Care Unit, Philadelphia Veterans Affairs Medical Center

**Undergraduate Education:**
University of Texas-Austin

**Medical School Education:**
Tulane University

**Other Graduate Education:**
Tulane University School of Public Health and Tropical Medicine (MPH)
University of Pennsylvania Perelman School of Medicine (MBE)

**Academic/Clinical/Research Interests:**
Pulmonary medicine, critical care medicine, hospice and palliative medicine, end-of-life decision making, communication, ethics
Lance Wahlert, PhD
lwahlert@mail.med.upenn.edu

How are you able to help med students?
Mentoring, Research, Social Justice

“Having worked for many years as an activist in LGBT health and HIV/AIDS awareness, I entered the fields of bioethics and clinical ethics as a specialist in history medicine and queer studies. Now, as the Director of Penn’s Bioethics, Sexuality, and Gender Identity program and a long-term resident of Philly and its LGBT community, I would greatly enjoy talking to med students who are interested in LGBT health, bioethics, medical humanities, or the Philly queer community.”

Positions Currently Held:
Director, Master of Bioethics Program
Assistant Professor, Medical Ethics & Health Policy
Core Faculty, Gender, Sexuality, and Women's Studies at Penn

Undergraduate Education:
Johns Hopkins University

Other Graduate Education:
Imperial College London (MSc)
University of Pennsylvania (PhD)

Academic/Clinical/Research Interests:
LGBT clinical ethics, history of medicine, narrative medicine, gender/queer studies, disability studies

Clinical Psychology

Ricardo Eiraldi, PhD
eiraldi@mail.med.upenn.edu

How are you able to help med students?
Mentoring, Research

Positions Currently Held:
Associate Professor, Clinical Psychology in Pediatrics and Psychiatry
Director, Behavioral Health in Urban Schools

Undergraduate Education:
Temple University

Other Graduate Education:
Hahnemann University

Academic/Clinical/Research Interests:
My clinical expertise is in the assessment and treatment of ADHD in children and adolescent, particularly with low-income ethnically diverse children. My research and scholarship centers on the study of barriers and facilitators of service utilization for ethnically diverse children and families and the development of strategies to address disparities in inner city public schools. The main focus of my work during the past six years has been on the development and implementation of school-wide programs for the prevention and treatment of externalizing (disruptive behavior, aggression, conduct problems) and internalizing mental disorders (anxiety, depression) in school children.
Chavis Patterson, PhD
pattersonc1@email.chop.edu

How are you able to help med students?
Mentoring

Positions Currently Held:
Director, Psychosocial Services, Division of Neonatology, Children’s Hospital of Philadelphia
Assistant Professor, Clinical Psychology in Psychiatry
Department of Psychiatry, Perelman School of Medicine

Undergraduate Education:
Tufts University

Other Graduate Education:
The American University

Academic/Clinical/Research Interests:
Parental management of stress in the NICU, Program development for psychosocial support for parents who have a baby in the NICU.

Dermatology

George Cotsarelis, MD
cotsarel@mail.med.upenn.edu

How are you able to help med students?
Mentoring, Research, Shadowing

Positions Currently Held:
Milton B. Hartzell Professor and Chair, Dermatology

Undergraduate Education:
University of Pennsylvania

Medical School Education:
University of Pennsylvania

Academic/Clinical/Research Interests:
Hair

Ellen Kim, MD
ellen.kim@uphs.upenn.edu

How are you able to help med students?
Mentoring, Shadowing

Positions Currently Held:
Sandra J. Lazarus Associate Professor of Dermatology

Undergraduate Education:
Harvard University

Medical School Education:
University of Pennsylvania

Academic/Clinical/Research Interests:
Cutaneous lymphomas, complex medical dermatology, cutaneous graft vs host disease, skin cancers
Jules Lipoff, MD
jules.lipoff@uphs.upenn.edu

How are you able to help med students?
Mentoring, Research, Shadowing, Social Justice

“I think that many people of all backgrounds would benefit from extra support and mentoring in pursuing their careers in medicine. Though in particular, women, African-Americans, and Latino students face certain subtle but significant institutional biases, I am happy to support and advise anyone from any background that seeks me out.”

Positions Currently Held:
Assistant Professor, Department of Dermatology

Academic/Clinical/Research Interests:
Telemedicine, Global Health, Access to Care, Medical Ethics, Education

Undergraduate Education:
Yale University

Medical School Education:
Albert Einstein College of Medicine of Yeshiva University

Other Graduate Education:
Einstein-Montefiore Medical Center for dermatology residency

Temitayo Ogunleye, MD
temitayo.ogunleye@uphs.upenn.edu

How are you able to help med students?
Mentoring

Positions Currently Held:
Assistant Professor, Dermatology

Medical School Education:
University of Pennsylvania

Academic/Clinical/Research Interests:
Hair disorders, skin of color, increasing diversity in medicine

Thuzar Shin, MD, PhD
thuzar.shin@uphs.upenn.edu

How are you able to help med students?
Mentoring, Research, Shadowing

Positions Currently Held:
Assistant Professor, Dermatology

Academic/Clinical/Research Interests:
Cutaneous oncology, Mohs micrographic surgery, melanoma, high-risk skin cancers, skin cancers in immunosuppressed populations

Aimee Payne, MD, PhD
aimée.payne@uphs.upenn.edu

“As the Associate Director of the Penn Medical Scientist Training Program (MSTP) and faculty advisor for the Association of Women Student MD-PhDs (AWSM), I most often advise students interested in wet bench research, mainly MD-PhD students but also MD students wishing to pursue summer or year out research projects. My career as a physician-scientist has been both challenging and rewarding, and I can’t imagine a job I would love more. I’m happy to discuss issues of work-life balance and how to navigate the pre- and post-doctoral training period in preparation for a physician-scientist career.”

(continued on next page)
Positions Currently Held:
Assistant Professor, Dermatology
Associate Director, Penn Medical Scientist (MD-PhD) Training Program

Academic/Clinical/Research Interests:
Autoimmunity and cell adhesion, autoimmune blistering diseases, MD-PhD training

Undergraduate Education:
Stanford University

Medical School Education:
Washington University School of Medicine

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**Pediatric Dermatology**

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**Leslie Castelo-Soccio, MD, PhD**

[castelosocciol@email.chop.edu](mailto:castelosocciol@email.chop.edu)

How are you able to help med students?
Mentoring, Research

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**Positions Currently Held:**
Assistant Professor, Dermatology and Pediatrics
Research Director, Section of Pediatric Dermatology

**Academic/Clinical/Research Interests:**
Alopecia, Genetic hair Disease, Genetic skin disease/Genodermatoses

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**Undergraduate Education:**
Harvard University

**Medical School Education:**
Weill Cornell Tri-Institutional MD-PhD Program

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**Epidemiology**

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**Blanca Himes, PhD**

[bhimes@upenn.edu](mailto:bhimes@upenn.edu)

How are you able to help med students?
Mentoring, Research

“I am committed to fostering diversity through all aspects of my work. My commitment stems from my personal experiences as a mentee who has participated in diversity-enhancing programs, as well as my experiences as a junior faculty member mentoring others from disadvantaged backgrounds. I appreciate firsthand the impact that mentoring programs can have on a student’s life, and I have strived to ‘pay it forward’ to others as I have continued my path along the academic ladder.”

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**Positions Currently Held:**
Assistant Professor, Epidemiology

**Undergraduate Education**
University of California, San Diego

**Other Graduate Education:**
Harvard-MIT Division of Health Sciences and Technology, Massachusetts Institute of Technology (MIT)
Christina Roberto, PhD  
croberto@mail.med.upenn.edu

**How are you able to help med students?**  
Mentoring, Research

**Positions Currently Held:**  
Assistant Professor, Medical Ethics and Health Policy

**Undergraduate Education:**  
Princeton University

**Other Graduate Education:**  
Yale University

**Academic/Clinical/Research Interests:**  
Dr. Roberto is a psychologist and epidemiologist whose research aims to identify and understand factors that promote unhealthy eating behaviors and design interventions to improve eating habits. Christina is principal investigator of the Psychology of Eating And Consumer Health (PEACH) lab, which uses a range of research methods, including experimental lab-based and online studies, observational field studies, epidemiological analyses, clinical trials, neuroscience approaches, and qualitative content analyses. In her work, she draws upon the fields of psychology, marketing, behavioral economics, epidemiology, and public health to answer research questions that can provide policymakers and institutions with science-based guidance.

Allison Willis, MD, MS  
allison.willis@uphs.upenn.edu

**How are you able to help med students?**  
Research, Shadowing

**Positions Currently Held:**  
Assistant Professor, Neurology  
Assistant Professor, Biostatistics and Epidemiology  
Senior Fellow, Leonard Davis Institute  
Senior Scholar, Center for Clinical Epidemiology and Biostatistics

**Medical School Education:**  
University of Illinois College of Medicine

**Other Graduate Education:**  
Washington University School of Medicine (MSCI)

**Academic/Clinical/Research Interests:**  
Analytical and spatial epidemiology to examine health/care outcomes and disparities in neurological disease populations, comorbid disease burden on treatment disparities and outcomes in Parkinson Disease, the spatial variation in medical care and medical care quality and its impact on outcome, true versus theoretical medical care access for neurological disease, transitions in care for vulnerable neurological disease populations

**EMERGENCY MEDICINE**

Mucio Delgado, MD, MS  
kit.delgado@uphs.upenn.edu

**How are you able to help med students?**  
Mentoring, Research, Shadowing, Social Justice

*(continued on next page)*
“I feel I have the best job in the world, being able to work clinically in a busy urban emergency department and take care of people from every sociodemographic background regardless of ability to pay. The emergency department is the safety net for the health care system where we constantly witness the failures of the system and develop great insights on what needs to be done to improve public health. I would love to get more underrepresented minorities into emergency medicine and to also serve as a mentor in health services and injury and violence prevention research.”

**Positions Currently Held:**
- Assistant Professor, Emergency Medicine and Epidemiology
- Core Faculty, Penn Injury Science Center Fellowship Director, Center for Emergency Care and Policy Research
- Senior Fellow, Leonard Davis Institute of Health Economics

**Undergraduate Education:**
Princeton University

**Medical School Education:**
Columbia University

**Other Graduate Education:**
Stanford University (Master’s in Health Services Research)

**Academic/Clinical/Research Interests:**
I am an emergency physician investigator committed to discovering innovative approaches to reduce the public health burden of injury, the leading cause of death and disability in the non-elderly population. I have two portfolios of projects: 1) Using observational data analysis and decision models to optimize systems of care for trauma and other emergency care time-sensitive conditions. I investigate optimal trauma center regionalization strategies involving field triage and interfacility transfer as well as the measurement of population-level disparities in acute injury care and outcomes. 2) Using wireless devices and insights from behavioral economics to develop and test novel interventions for injury prevention. In this area I am currently investigating strategies for reducing text while driving, drinking and driving, and speeding.

**Steve Larson, MD**
larsonst@mail.med.upenn.edu

**Positions Currently Held:**
- Assistant Dean, Global Health Programs
- Associate Professor, Emergency Medicine

**Undergraduate Education:**
Haverford College

**Medical School Education:**
University of Pennsylvania

**Academic/Clinical/Research Interests:**
Travel medicine, international medicine, health care issues for immigrant and underserved populations

**Raina Merchant, MD, MSHP**
raina.merchant@uphs.upenn.edu

**How are you able to help med students?**
Mentoring

**Positions Currently Held:**
- Assistant Professor, Department of Emergency Medicine
- Co-Director, Robert Wood Johnson Foundation Clinical Scholars Program
- Director, Penn Medicine Social Media and Health Innovation Lab

**Undergraduate Education:**
Yale University

**Medical School Education:**
University of Chicago

(continued on next page)
Academic/Clinical/Research Interests:
Digital health, Social media, Resuscitation, Health Policy

Iris Reyes, MD
iris.reyes@uphs.upenn.edu

How are you able to help med students?
Mentoring

“As an Advisory Dean in the Office of Student Affairs, I have learned plenty over the years about what is essential for success during a student’s undergraduate medical education. I am delighted to share that with any student who is starting the process or feels that they are struggling with it. Also, as a Latina physician and the founder of an organization focused on improving the diversity of the resident and faculty work force, I am interested in retaining our extraordinarily talented URM students and all of our students, in all honesty, who want to stay in our residency programs.”

Positions Currently Held:
Founder and Faculty Advisor, The Alliance of Minority Physicians (AMP)
Advisory Dean, Office of Student Affairs

Undergraduate Education:
Manhattan College

Medical School Education:
Icahn School of Medicine at Mt. Sinai

Other Graduate Education:
Resident, Internal Medicine, Graduate Hospital of the University of Pennsylvania;
Fellow, Emergency Medicine, Hospital of the University of Pennsylvania

Academic/Clinical/Research Interests:
Diversity in GME training

Pediatric Emergency Medicine

Angela Ellison, MD, MSc
ellisona@email.chop.edu

How are you able to help med students?
Mentoring, Research, Shadowing

“I would love to assist students with career development. My professional experience as a clinician, researcher, teacher and advocate as well as my personal experience as a wife and mother thriving in a competitive academic environment gives me a unique perspective that I would love to share.”

Positions Currently Held:
Assistant Professor, Pediatrics
Attending Physician, Emergency Medicine at CHOP
Associate Director, Research for the Division of Emergency Medicine at CHOP

Undergraduate Education:
Temple University

Medical School Education:
Johns Hopkins School of Medicine

Other Graduate Education:
Boston University School of Public Health

Academic/Clinical/Research Interests:
Novel approaches to treatment of acute complications of sickle cell disease,
Improving the quality of care for sickle cell patients in the emergency department,
Increasing diversity in academic medicine
<table>
<thead>
<tr>
<th><strong>Tiffani Johnson, MD</strong>&lt;br&gt;<a href="mailto:johntsont6@email.chop.edu">johntsont6@email.chop.edu</a></th>
<th><strong>How are you able to help med students?</strong>&lt;br&gt;Mentoring, Research, Shadowing</th>
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<tbody>
<tr>
<td><strong>Positions Currently Held:</strong>&lt;br&gt;Assistant Professor, Pediatrics</td>
<td><strong>Undergraduate Education:</strong>&lt;br&gt;Xavier University of LA</td>
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<tr>
<td><strong>Academic/Clinical/Research Interests:</strong>&lt;br&gt;Pediatric healthcare disparities, Implicit racial bias, Diversity in academic medicine</td>
<td><strong>Medical School Education:</strong>&lt;br&gt;Rutgers-Robert Wood Johnson Medical School</td>
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<td><strong>Other Graduate Education:</strong>&lt;br&gt;University of Pittsburgh (MSc)</td>
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<tr>
<th><strong>Ashlee Murray, MD</strong>&lt;br&gt;<a href="mailto:murraya2@email.chop.edu">murraya2@email.chop.edu</a></th>
<th><strong>How are you able to help med students?</strong>&lt;br&gt;Mentoring, Research, Shadowing</th>
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<tr>
<td>“I have had an exceptional mentoring experience thus far and am always interested in offering support for future physicians. I love my career and feel like I could help someone find a career in medicine that they would love as well.”</td>
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<tr>
<td><strong>Positions Currently Held:</strong>&lt;br&gt;Pediatric Emergency Medicine Attending, Children’s Hospital of Philadelphia&lt;br&gt;Assistant Professor, Perelman School of Medicine&lt;br&gt;Co-Director, Intimate Partner Violence Task Force, Children’s Hospital of Philadelphia</td>
<td><strong>Undergraduate Education:</strong>&lt;br&gt;Lafayette College</td>
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<td><strong>Academic/Clinical/Research Interests:</strong>&lt;br&gt;Intimate partner violence, Adverse childhood experiences, Public health</td>
<td><strong>Medical School Education:</strong>&lt;br&gt;Drexel University College of Medicine</td>
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<td></td>
<td><strong>Other Graduate Education:</strong>&lt;br&gt;Currently getting my MPH at UPENN</td>
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<tr>
<th><strong>Thomas Welch-Horan, MD</strong>&lt;br&gt;<a href="mailto:welchhorat@email.chop.edu">welchhorat@email.chop.edu</a></th>
<th><strong>How are you able to help med students?</strong>&lt;br&gt;Mentoring, Research, Shadowing</th>
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<tr>
<td>“I am a Penn/CHOP faculty member on the Academic Clinician track, a pediatric emergency physician at CHOP and for CHOP@Virtua in Voorhees, NJ, as well as a husband and a father of 3 young children. I am interested in education research that helps elucidate best practices in team-based training and communication, and am also committed to patient care and to work-life balance. I have been the parent of an ICU patient, and have also been an ICU patient myself, and both experiences have forever changed my perspective.”</td>
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<td><strong>Positions Currently Held:</strong>&lt;br&gt;Assistant Professor, Clinical Pediatrics&lt;br&gt;Attending Physician, Division of Emergency Medicine, Children’s Hospital of Philadelphia</td>
<td><strong>Undergraduate Education:</strong>&lt;br&gt;Columbia University</td>
</tr>
<tr>
<td><strong>Academic/Clinical/Research Interests:</strong>&lt;br&gt; (continued on next page)</td>
<td><strong>Medical School Education:</strong>&lt;br&gt;Columbia University College of Physicians &amp; Surgeons</td>
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Simulation-based medical education, Education research, Modes of team-based resuscitation training, Novel debriefing methods for improving team communication and performance

**FAMILY MEDICINE AND COMMUNITY HEALTH**

**Chyke A Doubeni, MD, FRCS, MPH**  
chyke.doubeni@uphs.upenn.edu

**Positions Currently Held:**
Presidential Professor, Family Medicine and Community Health  
Chair, Department of Family Medicine and Community Health  
Senior Scholar, Penn Center for Clinical Epidemiology and Biostatistics  
Senior Fellow, Leonard Davis Institute of Health Economics and the Center for Public Health Initiatives  
Diversity Search Advisor, Department of Family Medicine and Community Health

**Medical School Education:**
College of Medicine, University of Lagos, Nigeria

**Other Graduate Education:**
Royal College of Surgeons of England, UK (FRCS, Fellow); University of Massachusetts Amherst (MPH)

**Academic/Clinical/Research Interests:**
Colorectal cancer focusing on racial and socioeconomic disparities in mortality and on the effectiveness of screening

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**Renee Betancourt, MD**  
renée.betancourt@uphs.upenn.edu

**How are you able to help med students?**
Mentoring, Shadowing, Social Justice

“I came to medicine from the world of Ethnic Studies and research on health disparities related to race and socioeconomic status. Here at Penn, I want to be a resource for all students and of course for students interested in pursuing leadership in primary care through Family Medicine. Some of my most memorable experiences in student advising have been with helping students overcome learning challenges, improving students’ clinical skills, career advising, working with students with medical illnesses, supporting students who are planning/expecting to have children, and more.”

**Positions Currently Held:**
Director, Medical Student Education, Department of Family Medicine and Community Health

**Undergraduate Education:**
Brown University

**Medical School Education:**
University of Pennsylvania

**Academic/Clinical/Research Interests:**
Medical education, medical

(continued on next page)
pipeline/recruitment for underrepresented populations, health disparities, women's health, family planning, chronic illness, mental health

**Rahul Kapur, MD, CAQSM**  
rahul.kapur@uphs.upenn.edu

**Positions Currently Held:**  
Associate Professor, Clinical Family Medicine and Community Health  
Chief Medical Team Physician, University of Pennsylvania Athletics  
Staff Physician, Penn Presbyterian Medical Center  
Associate Medical Director, The Penn Relays Track and Field Carnival  
Fellowship Director, University of Pennsylvania Primary Care Sports Medicine Fellowship  
Assistant Fellowship Director, CHOP  
Primary Care Sports Medicine Fellowship  
Chief Medical Physician, Philadelphia 76ers

**Other Graduate Education:**  
University of California San Francisco/San Francisco General Hospital

**Undergraduate Education:**  
George Mason University

**Medical School Education:**  
University of Virginia

**Academic/Clinical/Research Interests:**  
Sports medicine, non-operative musculoskeletal medicine

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**Katherine Margo, MD**  
katherine.margo@uphs.upenn.edu

“One of the things I value the most in Penn med students is the rich diversity they represent and it is a thrill to discuss life choices and balance in that context. I particularly enjoy talking to students with a passion to serve underserved patient populations in a variety of contexts and explore how to make that a meaningful part of their professional life. I derive great joy from my own practice in family medicine, and hope to help students find what their life passions are so they can love their work (whatever it is) as much as I do!”

**Positions Currently Held:**  
Associate Professor  
Director, Student Programs, Family Medicine and Community Health

**Undergraduate Education:**  
Swarthmore College

**Medical School Education:**  
SUNY Upstate Medical Center

**Academic/Clinical/Research Interests:**  
Medical education, LGBT health, primary care

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**Giang T. Nguyen, MD, MPH, MSCE**  
gnguyen@upenn.edu

(continued on next page)
Positions Currently Held:
Assistant Professor, Family Medicine and
Community Health
Executive Director, Student Health Service
Faculty Advisor, Unity Clinic

Academic/Clinical/Research Interests:
College Health, Asian immigrant health,
LGBT health, patient centered medical homes, quality improvement in primary care

Undergraduate Education:
Johns Hopkins University

Medical School Education:
University of Medicine and Dentistry of New Jersey Robert Wood Johnson Medical School

Other Graduate Education:
UMDNJ (MPH)
University of Pennsylvania (MSCE)

INTERNAL MEDICINE

Cardiology

Fermin Garcia, MD
fermin.garcia@uphs.upenn.edu

How are you able to help med students?
Mentoring, Research, Shadowing, Social Justice

“I am a foreign medical graduate fortunate enough to have had the opportunity to train and work at UPenn Hospitals. I am proud of my origin but also very proud of being a part of Penn. I am fortunate to be part of an institution that allows diversity, and prepares individuals with the best the world has to offer in medicine. I recognize the value of medicine in other countries, and the value of the experience of seeing how things are done in the USA and how patients are treated in different clinical environments. To me this is a win-win situation.”

Positions Currently Held:
Clinical Assistant Professor, Medicine
Director, Electrophysiology at Pennsylvania Hospital

Academic/Clinical/Research Interests:
Cardiac Electrophysiology, Catheter ablation of atrial arrhythmias and ventricular arrhythmias

Undergraduate Education:
Universidad Central de Venezuela. Caracas, Venezuela

Medical School Education:
Universidad Central de Venezuela. Caracas, Venezuela

Other Graduate Education:
University of Pennsylvania (Cardiac Electrophysiology Fellowship)

John W. Hirshfeld, Jr., MD
hirshfel@mail.med.upenn.edu

Positions Currently Held:
Professor, Medicine

Academic/Clinical/Research Interests:
Cardiovascular disease, interventional cardiology

Undergraduate Education:
Cornell University

Medical School Education:
Cornell University Medical College
William Matthai, MD
william.matthai@uphs.upenn.edu

How are you able to help med students?
Mentoring, Research, Shadowing

“How working as both a preceptor in UCHC and a group leader in ICM gives me wonderful and somewhat unique opportunities. I have the opportunity to help provide at least limited care to a community that does not have good access to care. In addition, I have the pleasure of working with outstanding groups of students moving through some of their first clinical experiences to the point each student is ready to start clinical rotations.”

**Positions Currently Held:**
- Interventional Cardiology, Penn Presbyterian Medical Center
- Director, Clinical Cardiology, Penn Presbyterian Medical Center

**Academic/Clinical/Research Interests:**
- Interventional Cardiology, New Devices in Cardiology, Antithrombotic therapy in cardiology, Heparin induced thrombocytopenia

**Undergraduate Education:**
Washington & Lee University

**Medical School Education:**
Vanderbilt University

Frank Silvestry, MD
fsilvest@mail.med.upenn.edu

How are you able to help med students?
Mentoring, Research, Shadowing

“One of the most fulfilling roles I participate in is the education, mentoring, and career development of Penn Med students. They are a constant source of inspiration to me personally and I’m committed to helping in any way I can!”

**Positions Currently Held:**
- Associate Professor, Medicine, Hospital of the University of Pennsylvania
- Module 2 Cardiology Course Director
- Cardiovascular Disease Fellowship Program Director

**Academic/Clinical/Research Interests:**
- Interventional echocardiography, Percutaneous transcatheter procedures, 3D echocardiography, Intracardiac Echocardiography, Medical Education, Career development and mentoring

**Undergraduate Education:**
SUNY Binghamton

**Medical School Education:**
University of Pennsylvania School of Medicine
Anirban Banerjee, MD  
banerjeea@email.chop.edu

How are you able to help med students?  
Mentoring, Research, Shadowing

“I grew up in India and consider myself diverse. I would love to mentor students from different cultural backgrounds and different ethnicities.”

Positions Currently Held:
Professor, Clinical Pediatrics  
Director, Medical Student Rotations

Academic/Clinical/Research Interests:
Clinical: Echocardiography  
Research: Cardiac function, especially strain and torsion

Laura Mercer-Rosa, MD, MSCE  
mercerrosal@email.chop.edu

How are you able to help med students?  
Mentoring, Research, Shadowing

“I have trained in Brazil and repeated training in the US. During my training in the US, I had three children and obtained a Master’s degree during my third child’s pregnancy and his first year of life. I obtained two NIH grants for underrepresented minorities, thanks to a wonderful group of mentors. I want to follow my mentors’ example and become a mentor to underrepresented students and as such help increase diversity at Penn and help promote their careers and interest in research. If this was possible for me, I can help make it possible for others.”

Positions Currently Held:
Assistant Professor, Pediatrics

Academic/Clinical/Research Interests:
My research interests are in outcomes in congenital heart disease. In particular, I study a disease called tetralogy of Fallot and I am particularly interested in the variable outcomes seen in this population, both in the early perioperative period during infancy or late as adolescents and adults. I also study other diseases that affect the right ventricle, such as single ventricles and pulmonary hypertension.

Raymond Soccio, MD, PhD  
soccio@mail.med.upenn.edu

How are you able to help med students?  
Mentoring, Research

“There is a definite lack of diversity among the faculty in laboratory-based basic and (continued on next page)
translational science. I'd be glad to talk to students interested in pursuing research during medical school, particularly those interested in diabetes and obesity, as these epidemics disproportionately affect minority communities.”

**Positions Currently Held:**
Assistant Professor, Medicine

**Academic/Clinical/Research Interests:**
Basic and translational science related to diabetes, obesity, and metabolism.

**Undergraduate Education:**
Harvard University

**Medical School Education:**
Cornell University

**Other Graduate Education:**
Rockefeller University (PhD)

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**Pediatric Endocrinology**

**Edna Mancilla, MD**

mancillae@email.chop.edu

**How are you able to help med students?**
Mentoring, Shadowing

**Positions Currently Held:**
Assistant Professor, Division of Endocrinology, CHOP and University of Pennsylvania Perelman School of Medicine

**Academic/Clinical/Research Interests:**
General pediatric endocrinology, Bone and mineral disorders in children

**Undergraduate Education:**
Harvard University

**Medical School Education:**
Cornell University

**Other Graduate Education:**
Pediatric Residency NYU and Georgetown University

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**Gastroenterology**

**Faten Aberra, MD**

faten.aberra@uphs.upenn.edu

**How are you able to help med students?**
Mentoring, Research, Shadowing

**Positions Currently Held:**
Assistant Professor, Medicine
Co-Chair, Patient Education Committee for the Crohn's and Colitis Foundation of America

**Academic/Clinical/Research Interests:**
Inflammatory bowel diseases: Crohn’s disease, ulcerative colitis, and microscopic colitis

**Undergraduate Education:**
Swarthmore College

**Medical School Education:**
Dartmouth Medical School

**Other Graduate Education:**
University of Pennsylvania School of Medicine - Center for Clinical Epidemiology and Biostatistics (MSCE)

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**Rotonya Carr, MD**

rotonya.carr@uphs.upenn.edu

**How are you able to help med students?**
Mentoring, Research

“I would love to see more underrepresented minorities enter the fields of gastroenterology and hepatology; and look forward to inspiring students to engage in basic science careers.”

**Positions Currently Held:**
Assistant Professor, Medicine

**Undergraduate Education:**
Harvard University

**Academic/Clinical/Research Interests:**
(continued on next page)
Fatty liver diseases (alcoholic and non-alcoholic), Basic mechanisms of hepatic steatosis, Role of bioactive lipids and insulin resistance in alcoholic and non-alcoholic fatty liver diseases

**Octavia Pickett-Blakely, MD**

*octavia.pickett-blakely@uphs.upenn.edu*

**How are you able to help med students?**
Mentoring, Research, Shadowing

**Positions Currently Held:**
Assistant Professor
Director, GI Nutrition Celiac Disease and Obesity Programs

**Academic/Clinical/Research Interests:**
Nutrition, Obesity, Racial Disparities in Obesity Care

**Medical School Education:**
Cornell University Medical College

**Undergraduate Education:**
University of Maryland Eastern Shore

**Medical School Education:**
University of Maryland

**Other Graduate Education:**
Internal Medicine Residency Robert Wood Johnson- Rutgers Medical School;
Gastroenterology Fellowship, Johns Hopkins

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**Christina Twyman-Saint Victor, MD**

*christina.twyman@uphs.upenn.edu*

**How are you able to help med students?**
Mentoring, Research

**Positions Currently Held:**
Instructor of Medicine

**Academic/Clinical/Research Interests:**
Cancer biology

**Undergraduate Education:**
Duke University

**Medical School Education:**
Johns Hopkins

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**Jaya Aysola, MD, DTMH, MPH**

*jaysola@upenn.edu*

**How are you able to help med students?**
Mentoring, Research, Shadowing, Social Justice

**Positions Currently Held:**
Assistant Professor, Medicine
Faculty Affiliate, Center for Health Incentives and Behavioral Economics
Senior Fellow, Leonard Davis Institute of Health Economics
Associate Director of Institutional Operations for Health Equity and Inclusion, Hospital of University of Pennsylvania Core Faculty, Global Health Equities Track of Medicine Residency Program

**Undergraduate Education:**
University of Michigan

**Medical School Education:**
University of Pittsburgh School of Medicine

**Other Graduate Education:**
DTMH (Tropical Medicine and Hygiene), London School of Hygiene and Tropical Medicine

(continued on next page)
Interim Director, Office of Inclusion and Diversity  

MPH (Healthcare Management and Policy), Harvard School of Public Health  

**Academic/Clinical/Research Interests:**
Global Health, Health Care Disparities, Patient-Centered Medical Homes, Social Determinants of Health, Access to Care, and Provider Workforce  

**Nadia Bennett, MD**

*nadia.bennett@uphs.upenn.edu*

**How are you able to help med students?**
Mentoring, Research  

**Positions Currently Held:**
Assistant Professor, Clinical Medicine
Co-Director, Internal Medicine Clerkship  

**Undergraduate Education:**
Johns Hopkins University  

**Medical School Education:**
University of Maryland  

**Other Graduate Education:**
Duke University – Residency  

**Sallyann Bowman, MD**

*sbowman@exchange.upenn.edu*

**How are you able to help med students?**
Shadowing  

“It’s important for students to see a ‘light at the end of the tunnel’. That in spite of the struggles in becoming a physician, that there is professional and personal fulfillment on the other side of that struggle.”

**Positions Currently Held:**
Deputy Director, Student Health Service,
Vice Provost for University Life  

**Undergraduate Education:**
Chestnut Hill College  

**Medical School Education:**
Penn State/Hershey  

**Other Graduate Education:**
Internal Medicine Residency; Rheumatology fellowship  

**Carmen Guerra, MD, MSCE, FACP**

*carmen.guerra@uphs.upenn.edu*

**How are you able to help med students?**
Research, Social Justice  

“I am interested in working with UIM students who are interested in research which yields results that can be used for changing the culture of medicine to one that is more understanding of the needs of and supportive of patients that are underrepresented minorities. This type of culture change often requires more than just the ‘right thing to do’ argument, but rather a vision, top leadership support, an economic approach, political will and meeting the interests of others. Research provides a foundation to affecting this type of change.”

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**Positions Currently Held:**
Associate Professor, Medicine  
Associate Chief of Staff, Abramson Cancer Center  
Associate Director, Diversity and Outreach, Abramson Cancer Center  
Founding Director, Office of Diversity, Abramson Cancer Center  
Founding Co-director, Penn Medicine Colorectal Cancer Screening Navigation Program  
Founding Co-director, Penn Breast Health Initiative and the Healthy Woman Program

**Academic/Clinical/Research Interests:**
Cancer disparities, access to cancer screening, access to cancer clinical trials, patient navigation

Jennifer Kogan, MD  
[jennifer.kogan@uphs.upenn.edu](mailto:jennifer.kogan@uphs.upenn.edu)

How are you able to help med students?
Mentoring, Research, Shadowing

“One of the favorite parts of my job is advising and mentoring medical students. I like helping students figure out the next steps in their career and help them to network within the institution. As someone who was not a science major in college, I understand what it is like to begin medical school with an untraditional background.”

**Positions Currently Held:**
Director, Undergraduate Education, Department of Medicine  
Assistant Dean, Faculty Development

**Academic/Clinical/Research Interests:**
General internal medicine, Medical Education, Faculty development, Assessment, Feedback

Judith Long, MD  
[jalong@mail.med.upenn.edu](mailto:jalong@mail.med.upenn.edu)

How are you able to help med students?
Mentoring, Research

“I believe strongly in building a strong pipeline of URM researchers and think it is important to get exposure to research early.”

**Positions Currently Held:**
Chief of General Internal Medicine

**Academic/Clinical/Research Interests:**
Dr. Long’s research focuses on social determinants of health and health care

**Undergraduate Education:**
New York University  
University of Rochester School of Medicine  
University of Pennsylvania (MSCE)

**Medical School Education:**
University of Pennsylvanias

**Other Graduate Education:**
University of Michigan  
University of Pennsylvania  
Internship/Residency/Fellowship: University of Pennsylvania  
Albert Einstein College of Medicine  
(continued on next page)
especially as they pertain to socioeconomic and racial disparities. Dr. Long assesses these issues in the context of chronic disease, in particular diabetes with a focus on interventions to help support behavior change.

Alexis Ogdie-Beatty, MD, MSCE
alexis.ogdie@uphs.upenn.edu

Positions Currently Held:
Assistant Professor, Medicine and Epidemiology
Senior Scholar, Center for Clinical Epidemiology and Biostatistics

Academic/Clinical/Research Interests:
Epidemiology, Pharmacoepidemiology, Psoriatic arthritis, Spondyloarthropathies, Rheumatoid Arthritis

How are you able to help med students?
Mentoring, Research, Shadowing

Undergraduate Education:
University of Minnesota

Medical School Education:
Georgetown School of Medicine

Other Graduate Education:
University of Pennsylvania (MSCE)

Marisa Rogers MD, MPH, FACP
marisa.rogers@uphs.upenn.edu

How are you able to help med students?
Mentoring, Shadowing

“Thus far in my career, I’ve worked in both academics and medical leadership in community health. I don’t think you have to choose one specific path, you can follow your passions wherever they lead.”

Positions Currently Held:
Assistant Program Director for Diversity Initiatives
Internal Medicine Residency Program
Associate Professor, Clinical Medicine

Academic/Clinical/Research Interests:
Community medicine/Care for underserved patients, Transitions in care, Medically complex patients, Ensuring a diverse physician workforce

Undergraduate Education:
Emory University

Medical School Education:
Emory University

Other Graduate Education:
Emory University (MPH)

Brian Work MD, MPH
brian.work@uphs.upenn.edu

How are you able to help med students?
Mentoring, Research, Shadowing, Social Justice

“I took 7 years off between college and medical school. In that time I worked against the (continued on next page)
death penalty in California, with homeless and marginalized populations, in Public Health both here and overseas and did substance abuse research and treatment. I would like to see the vast diversity I saw in the faces and experiences of these populations mirrored in the physicians working toward the solutions for their problems. I also want to show others the joy this work can bring and how it can help sustain vitality in one’s medical career.”

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<tr>
<th>Name</th>
<th>Email</th>
<th>How are you able to help med students?</th>
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<tbody>
<tr>
<td>Charmaine Wright, MD, MSHP</td>
<td><a href="mailto:smich@mail.med.upenn.edu">smich@mail.med.upenn.edu</a></td>
<td>Mentoring, Social Justice</td>
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<td>Positions Currently Held:</td>
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<tr>
<td>Assistant Professor, Clinical Medicine</td>
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<td>Senior Fellow, Center for Public Health Initiatives</td>
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<td>Chair, Board of Directors and Attending, Streetside Health Clinic at Prevention Point Philadelphia</td>
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<td>Clinical Site Director, Bridging the Gaps at Prevention Point Philadelphia</td>
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<td>Co-Director, United Community Clinic</td>
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<td>Academic/Clinical/Research Interests:</td>
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<td>Community outreach, community public health, free and low-cost care out in the community, substance abuse treatment.</td>
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<tr>
<th>Jerry C. Johnson, MD</th>
<th><a href="mailto:jcjohnso@mail.med.upenn.edu">jcjohnso@mail.med.upenn.edu</a></th>
<th>Geriatrics</th>
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<tr>
<td>Positions Currently Held:</td>
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<tr>
<td>Chief, Division of Geriatric Medicine</td>
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<td>Professor, Medicine</td>
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<tr>
<td>Academic/Clinical/Research Interests:</td>
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<td>Aging, behavioral health research, palliative care research, and health equity</td>
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| Rachel K. Miller, MD | rachel.miller@uphs.upenn.edu | (continued on next page)                                      |
Valder Arruda, MD, PhD
arruda@email.chop.edu

Positions Currently Held:
Assistant Professor, Division of Hematology, Department of Pediatrics

Academic/Clinical/Research Interests:
Translational research in novel therapies for hematological diseases such as gene therapy for hemophilia and disorders of coagulation

How are you able to help med students?
Mentoring, Research

“I am clinically trained hematologist who research focused on translational studies, bench to the bed side. The combination of clinical background facilitates translational studies to early phase clinical trials for genetic disease including hemophilia and congenital blindness.”

Adam Cuker, MD, MS
adam.cuker@uphs.upenn.edu

How are you able to help med students?
Mentoring, Research, Shadowing

Kevin R. Fox, MD
kevin.fox@uphs.upenn.edu

How are you able to help med students?
Mentoring, Research, Shadowing

Valder Arruda, MD, PhD
arruda@email.chop.edu

Positions Currently Held:
Assistant Professor, Clinical Medicine

Academic/Clinical/Research Interests:
Care transitions, medical education

How are you able to help med students?
Mentoring, Research

“I am clinically trained hematologist who research focused on translational studies, bench to the bed side. The combination of clinical background facilitates translational studies to early phase clinical trials for genetic disease including hemophilia and congenital blindness.”

Adam Cuker, MD, MS
adam.cuker@uphs.upenn.edu

How are you able to help med students?
Mentoring, Research, Shadowing

Kevin R. Fox, MD
kevin.fox@uphs.upenn.edu

How are you able to help med students?
Mentoring, Research, Shadowing

Valder Arruda, MD, PhD
arruda@email.chop.edu

Positions Currently Held:
Assistant Professor, Division of Hematology, Department of Pediatrics

Academic/Clinical/Research Interests:
Translational research in novel therapies for hematological diseases such as gene therapy for hemophilia and disorders of coagulation

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Adam Cuker, MD, MS
adam.cuker@uphs.upenn.edu

How are you able to help med students?
Mentoring, Research, Shadowing

Kevin R. Fox, MD
kevin.fox@uphs.upenn.edu

How are you able to help med students?
Mentoring, Research, Shadowing

Valder Arruda, MD, PhD
arruda@email.chop.edu

Positions Currently Held:
Assistant Professor, Clinical Medicine

Academic/Clinical/Research Interests:
Care transitions, medical education

How are you able to help med students?
Mentoring, Research

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Adam Cuker, MD, MS
adam.cuker@uphs.upenn.edu

How are you able to help med students?
Mentoring, Research, Shadowing

Kevin R. Fox, MD
kevin.fox@uphs.upenn.edu

How are you able to help med students?
Mentoring, Research, Shadowing

Valder Arruda, MD, PhD
arruda@email.chop.edu

Positions Currently Held:
Assistant Professor, Division of Hematology, Department of Pediatrics

Academic/Clinical/Research Interests:
Translational research in novel therapies for hematological diseases such as gene therapy for hemophilia and disorders of coagulation

How are you able to help med students?
Mentoring, Research

“I am clinically trained hematologist who research focused on translational studies, bench to the bed side. The combination of clinical background facilitates translational studies to early phase clinical trials for genetic disease including hemophilia and congenital blindness.”

Adam Cuker, MD, MS
adam.cuker@uphs.upenn.edu

How are you able to help med students?
Mentoring, Research, Shadowing

Kevin R. Fox, MD
kevin.fox@uphs.upenn.edu

How are you able to help med students?
Mentoring, Research, Shadowing

Valder Arruda, MD, PhD
arruda@email.chop.edu

Positions Currently Held:
Assistant Professor, Division of Hematology, Department of Pediatrics

Academic/Clinical/Research Interests:
Translational research in novel therapies for hematological diseases such as gene therapy for hemophilia and disorders of coagulation

How are you able to help med students?
Mentoring, Research

“I am clinically trained hematologist who research focused on translational studies, bench to the bed side. The combination of clinical background facilitates translational studies to early phase clinical trials for genetic disease including hemophilia and congenital blindness.”

Adam Cuker, MD, MS
adam.cuker@uphs.upenn.edu

How are you able to help med students?
Mentoring, Research, Shadowing

Kevin R. Fox, MD
kevin.fox@uphs.upenn.edu

How are you able to help med students?
Mentoring, Research, Shadowing
Bruce Giantonio, MD  
bruce.giantonio@uphs.upenn.edu

How are you able to help med students?  
Mentoring, Research, Shadowing

Positions Currently Held:
Associate Professor, Medicine  
Executive Officer, ECOG-ACRIN Cancer Research Group  
Alternate Member, IRB 5

Undergraduate Education:
Hofstra University

Medical School Education:
Georgetown University

Academic/Clinical/Research Interests:
Gastrointestinal malignancies, New drug development

Arturo Loaiza-Bonilla, MD  
arturo.loaiza@uphs.upenn.edu

How are you able to help med students?  
Mentoring, Research, Shadowing

Positions Currently Held:
Assistant Professor, Clinical Medicine  
Attending, Hospital of the University of Pennsylvania  
Chair, Penn Medicine Program for LGBT Patient Care and Outreach Working Group

Undergraduate Education:
Universidad Nacional de Colombia

Medical School Education:
Universidad Nacional de Colombia

Other Graduate Education:
Master of Medical Education, University of Pennsylvania; Internal Medicine Residency at MedStar Harbor Hospital /Johns Hopkins Hospital; Hematology and Oncology Fellowship at University of Miami Miller School of Medicine

Academic/Clinical/Research Interests:
Clinical and transitional research trials as well as the multidisciplinary, comprehensive care of patients suffering from gastrointestinal malignancies, with particular emphasis in pancreatic, hepatobiliary, colorectal, upper digestive, GIST, adrenal and neuroendocrine cancers (including PNET, pheochromocytoma and paraganglioma); Phase I/III trials in gastrointestinal malignancies; principal and co-investigator of multiple studies, including active participation at the Eastern Cooperative Oncology Group (ECOG)

Sunita D. Nasta, MD  
sunita.nasta@uphs.upenn.edu

“Having a mentor, not only for the academic/intellectual support, but as someone who has walked down the road before you is so important to know what is possible. There were not many women on the faculty in medical school, residency, fellowship or even at my first job. I think it is important to be that example; someone who has worked in the field and (continued on next page)
had a family and maintained a sense of who she is culturally.”

**Positions Currently Held:**
- Associate Professor, Clinical Medicine
- Attending Physician, Hospital of the University of Pennsylvania

**Academic/Clinical/Research Interests:**
- Disparities, cancer screening and prevention

**Undergraduate Education:**
- Stanford University

**Medical School Education:**
- Medical College of Virginia

**Other Graduate Education:**
- Baylor College of Medicine (Intern and Resident); The University of Texas MD Anderson Cancer Center (Fellow and Chief Fellow)

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**Pediatric Hematology/Oncology**

**Kwaku Ohene-Frempong, MD**

[ohene-frempong@email.chop.edu](mailto:ohene-frempong@email.chop.edu)

**Positions Currently Held:**
- Director Emeritus, Comprehensive Sickle Cell Center
- Emeritus Professor, Pediatrics

**Academic/Clinical/Research Interests:**
- Sickle cell disease, general hematology

**Undergraduate Education:**
- Yale University

**Medical School Education:**
- Yale University

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**Shefali Parikh, MD**

[parikhsh@email.chop.edu](mailto:parikhsh@email.chop.edu)

**How are you able to help med students?**
- Mentoring

“My career, while at CHOP/PSOM, has taken a winding path. Along the way, mentorship has been a crucial component to my growth as a physician within the field of pediatric palliative care and as a woman trying to balance a successful academic career alongside raising a family.”

**Positions Currently Held:**
- Attending Physician, Pediatric Advanced Care Team
- Assistant Professor, Pediatrics

**Academic/Clinical/Research Interests:**
- Pediatric Palliative Care

**Undergraduate Education:**
- Duke University

**Medical School Education:**
- UMDNJ - New Jersey Medical School

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**Infectious Diseases**

**Todd Barton, MD**

[todd.barton@uphs.upenn.edu](mailto:todd.barton@uphs.upenn.edu)

**Positions Currently Held:**
- Associate Professor, Clinical Medicine

**Undergraduate Education:**
- (continued on next page)
<table>
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<tr>
<th>Name</th>
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<th>Positions Currently Held</th>
<th>Undergraduate Education</th>
<th>Medical School Education</th>
<th>Other Graduate Education</th>
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<tbody>
<tr>
<td>PJ Brennan, MD</td>
<td><a href="mailto:pj.brennan@uphs.upenn.edu">pj.brennan@uphs.upenn.edu</a></td>
<td>Chief Medical Officer and Senior Vice President, UPHS, Professor of Medicine at the Perelman School of Medicine and the Hospital of the University of Pennsylvania</td>
<td>Allentown College</td>
<td>Temple University</td>
<td>University of Pennsylvania Center of Surgical Excellence Advanced Executive Management Program</td>
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<td>Dr. Brennan leads implementation of Penn's Blueprint for Quality and Patient Safety, a strategic effort to improve clinical accountability and the outcomes of care including the elimination of preventable readmissions and preventable deaths.</td>
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<tr>
<td>Robert (Bob) Doms, MD, PhD</td>
<td><a href="mailto:domsr@email.chop.edu">domsr@email.chop.edu</a></td>
<td>Professor, Pathology and Laboratory Medicine, Professor, Microbiology, Chair and Pathologist-in-Chief, Children's Hospital of Philadelphia</td>
<td>Bucknell University</td>
<td>Yale University</td>
<td>Yale University (PhD)</td>
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<td>Virus-host interactions, HIV</td>
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<tr>
<td>Neil Fishman, MD</td>
<td><a href="mailto:neil.fishman@uphs.upenn.edu">neil.fishman@uphs.upenn.edu</a></td>
<td>Associate Professor, Medicine, Attending Physician, Infectious Diseases, Associate Chief Medical Officer and Chief Patient Safety Officer, University of Pennsylvania Health System</td>
<td>Haverford College</td>
<td>Temple University</td>
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(continued on next page)
Other Graduate Education:
- Wharton Academic Medicine Leadership (MA)
- Penn Medicine Leadership Forum, Wharton School of Business (MA)
- Temple University Hospital (Intern and Resident in Medicine)
- HUP (Clinical and Research Fellowships in Infectious Diseases)

**Pediatric Infectious Diseases**

Kristen Feemster, MD, MPH
feemster@email.chop.edu

How are you able to help med students?
- Mentoring, Research

**Positions Currently Held:**
- Assistant Professor, Pediatrics, Division of Infectious Diseases
- Attending Physician, Children's Hospital of Philadelphia
- Director of Research, Vaccine Education Center (CHOP)
- Medical Director, Philadelphia Department of Health Immunization Program

**Academic/Clinical/Research Interests:**
- Epidemiology of vaccine preventable diseases with a focus on community and social factors, Global and domestic vaccine policy, Vaccine hesitancy, Ambulatory healthcare associated respiratory infection, infectious diseases surveillance

Kristen Feemster, MD, MPH
feemster@email.chop.edu

How are you able to help med students?
- Mentoring, Research

**Positions Currently Held:**
- Assistant Professor, Pediatrics, Division of Infectious Diseases
- Attending Physician, Children's Hospital of Philadelphia
- Director of Research, Vaccine Education Center (CHOP)
- Medical Director, Philadelphia Department of Health Immunization Program

**Academic/Clinical/Research Interests:**
- Epidemiology of vaccine preventable diseases with a focus on community and social factors, Global and domestic vaccine policy, Vaccine hesitancy, Ambulatory healthcare associated respiratory infection, infectious diseases surveillance

Paul Planet, MD, PhD
planetp@email.chop.edu

How are you able to help med students?
- Mentoring, Research

**Positions Currently Held:**
- Assistant Professor

**Academic/Clinical/Research Interests:**
- Microbial evolution, Bacterial pathogenesis, Cystic fibrosis, Genomics, Microbiomics, Phylogenetics, Antimicrobial resistance, International surveillance

**Medical School Education:**
- Columbia University (MD, MPH)

**Undergraduate Education:**
- Yale University

**Other Graduate Education:**
- University of Pennsylvania (MSHP)

**Integrative Medicine**

Jun James Mao, MD
jun.mao@uphs.upenn.edu

**Positions Currently Held:**
- Associate Professor, Family Medicine and

**Undergraduate Education:**
- (continued on next page)
Horace DeLisser, MD  
delisser@mail.med.upenn.edu

How are you able to help med students?  
Mentoring, Research, Shadowing

Positions Currently Held:  
Associate Dean, Diversity & Inclusion, Perelman School of Medicine  
Associate Dean for Professionalism & Humanism, Perelman School of Medicine  
Associate Professor, Medicine

Academic/Clinical/Research Interests:  
Leukocyte-endothelial and endothelial-endothelial cell interactions, chronic pulmonary vascular disease, ethics

Undergraduate Education:  
Temple University

Medical School Education:  
University of Pennsylvania

K. Akaya Smith, MD  
akaya.smith@uphs.upenn.edu

Positions Currently Held:  
Assistant Professor, Clinical Medicine

Academic/Clinical/Research Interests:  
Pulmonary hypertension in sickle cell disease, pulmonary hypertension, pulmonary vascular disease, diversity in medical education

Undergraduate Education:  
University of Virginia

Medical School Education:  
Harvard University

Other Graduate Education:  
Massachusetts General Hospital (Internship, Residency); Massachusetts General Hospital, Brigham and Women’s Hospital, and Beth Israel Hospital (Fellowship)

Oscar Mayer, MD  
mayero@email.chop.edu

How are you able to help med students?  
Mentoring, Shadowing

“I am very interested in helping all students at the Perelman SOM reach their full potential by exploring and finding opportunities in which they can discover and pursue new passions in medicine and ultimately determine where they may make their contribution. My journey has taken a number of turns to the point where I am fully fulfilled and supported professionally.”  
(continued on next page)
Positions Currently Held:
Attending Physician
Medical Director, Pulmonary Function
Testing Laboratory

Undergraduate Education:
Middlebury College

Medical School Education:
University of Pittsburgh

Academic/Clinical/Research Interests:
Chest wall and spine disease and the pulmonary pathophysiology, the pulmonary manifestations of neuromuscular disease and their management

Ignacio Tapia, MD
tapia@email.chop.edu

How are you able to help med students?
Mentoring, Research, Shadowing

“I would like to see more UIM students succeed in academic medicine.”

Positions Currently Held:
Assistant Professor, Pediatrics
Pediatric Pulmonology Fellowship Director

Undergraduate Education:
University of Concepcion, Chile

Medical School Education:
University of Concepcion, Chile

Other Graduate Education:
University of Pennsylvania

Pathophysiology of obstructive sleep apnea, clinical trials

Siddharth Shah, MD
siddharth.shah@uphs.upenn.edu

How are you able to help med students?
Mentoring, Shadowing, Social Justice

Positions Currently Held:
HUP/PCAM Faculty
Group Medical Director, Dialysis Programs, UPHS
Director, Renal Pathophysiology Course, Module II, PSOM

Undergraduate Education:
University of Pennsylvania

Medical School Education:
Temple University School of Medicine

Other Graduate Education:
Northwestern Memorial Hospital (Residency); University of Pennsylvania (Fellowship)

Academic/Clinical/Research Interests:
Nephrolithiasis, Dialysis, Clinical Operations, Medical Education

Ihab Wahba, MD
Ihab.wahba@uphs.upenn.edu

How are you able to help med students?
Mentoring, Research, Shadowing, Social Justice

(continued on next page)
“Being an international medical graduate myself, and having worked in different fields (academia and private practice) and areas (including some international volunteer work in developed countries), I feel that I can relate to medical students of diverse backgrounds, and share my experience with them.”

Positions Currently Held:  
Associate Professor, Clinical Medicine  
Chief, Renal Section, Philadelphia VA Medical Center  

Medical School Education:  
Cairo University, Egypt

Academic/Clinical/Research Interests:  
Teaching all aspects of general nephrology, especially assessment of volume status, acute and chronic kidney disease, hypertension management, drug dosing and nephrotoxicity

Rheumatology

Alexis Ogdie-Beatty, MD, MSCE  
alexis.ogdie@uphs.upenn.edu

Positions Currently Held:  
Assistant Professor, Medicine and Epidemiology  
Senior Scholar, Center for Clinical Epidemiology and Biostatistics

Undergraduate Education:  
University of Minnesota

Medical School Education:  
Georgetown School of Medicine

Academic/Clinical/Research Interests:  
Epidemiology, Pharmacoepidemiology, Psoriatic arthritis, Spondyloarthropathies, Rheumatoid Arthritis

How are you able to help med students?  
Mentoring, Research, Shadowing

Pediatric Rheumatology

Andrea Knight MD, MSCE  
knightan@email.chop.edu

How are you able to help med students?  
Mentoring, Research, Shadowing

Positions Currently Held:  
Assistant Professor, Pediatrics  
Faculty, Center for Pediatric Clinical Effectiveness, Children's Hospital of Philadelphia (CHOP)  
Faculty, PolicyLab, CHOP

Undergraduate Education:  
University of Toronto

Medical School Education:  
Columbia University College of Physicians & Surgeons

Academic/Clinical/Research Interests:  
Pediatric systemic lupus erythematosus; neurobiology of neuropsychiatric lupus; mental health intervention and psychiatric

Other Graduate Education:  
University of Pennsylvania (MSCE)

(continued on next page)
outcomes in pediatric rheumatologic disease; healthcare disparities & utilization

Sports Medicine

Rahul Kapur, MD, CAQSM
rahul.kapur@uphs.upenn.edu

Positions Currently Held:
Associate Professor, Clinical Family Medicine and Community Health
Chief Medical Team Physician, University of Pennsylvania Athletics
Staff Physician, Penn Presbyterian Medical Center
Associate Medical Director, Penn Relays Track and Field Carnival
Fellowship Director, University of Pennsylvania Primary Care Sports Medicine Fellowship
Assistant Fellowship Director, CHOP Primary Care Sports Medicine Fellowship
Chief Medical Physician, Philadelphia 76ers

Undergraduate Education:
George Mason University

Medical School Education:
University of Virginia

Academic/Clinical/Research Interests:
Sports medicine, non-operative musculoskeletal medicine

Medical Genetics

Ian Krantz, MD
ian2@mail.med.upenn.edu

How are you able to help med students?
Mentoring, Research

“As a medical geneticist I have been passionate about increasing diversity in our field for many years throughout the educational pipeline from undergraduates to medical students, residents and faculty. In the current Genomic era of medicine it is imperative to train clinicians and faculty in genetics that represent the diversity of our population, in the broadest sense, to provide culturally sensitive care and spearhead research.”

Positions Currently Held:
Professor, Pediatrics
Director, Medical Genetics Training Program

Undergraduate Education:
Concordia University, Montreal, Canada

Medical School Education:
Tel Aviv University, Tel Aviv, Israel

Academic/Clinical/Research Interests:
Molecular etiology of human syndromic and isolated structural birth defects and intellectual disability
### Donita Brady, PhD

bradyd@med.mail.upenn.edu

**How are you able to help med students?**

Mentoring, Research

**Positions Currently Held:**
- Assistant Professor, Department of Cancer Biology
- Assistant Investigator, Abrasion Family Cancer Research Institute
- Member, Cell & Molecular Biology Graduate Group
- Member, Pharmacology Graduate Group

**Academic/Clinical/Research Interests:**
The research interests of the Brady Lab lie at the intersection of cancer biology, signal transduction, and metal homeostasis. Our lab seeks to unravel the complete framework of metal integration into kinase signaling networks to gain a better understanding of the contributions metals make to the tumorigenic process. Further, findings from these studies have the potential to be leveraged as a means to perturb metal availability to essential kinase signaling cascades in tumors.

### Lawrence “Skip” Brass, MD, PhD

brass@mail.med.upenn.edu

**How are you able to help med students?**

Mentoring, Research

“I am always available to help med students find research opportunities. If there’s an area of investigation that sounds interesting to you, come by for a chat.”

**Positions Currently Held:**
- Professor, Medicine and Pharmacology
- Associate Dean, Combined Degree and Physician Scholars Programs
- Director, Penn’s Medical Scientist Training Program

**Academic/Clinical/Research Interests:**
The Brass Lab does basic and translational work in the world of hemostasis and thrombosis. You can learn more about it all from our website: [https://www.med.upenn.edu/brasslab/](https://www.med.upenn.edu/brasslab/)

### Erle Robertson, PhD

erle@upenn.edu

**How are you able to help med students?**

Mentoring, Research

(continued on next page)
“As a faculty at Penn Medicine one of my major roles is to mentor the next generation of scientists. Increasing the number of young investigators in biomedical sciences is critical for our continued leadership on the international stage. I continue to encourage more URM trainees to participate and commit to this career path - one that will provide both excitement and fulfillment.”

Positions Currently Held:
Professor and Vice-Chair, Department of Otolaryngology
Professor (Tenure), Department of Microbiology
Professor, Department of Radiation Oncology
Director, Tumor Virology Training Program
Program Leader, Tumor Virology Program
Associate Director, Global Cancer Research Abramson Cancer Center

Academic/Clinical/Research Interests:
Training and mentoring students, residents, fellows and junior faculty, Global cancer, viral associated cancers, microbiome associated with cancers, inflammation driven by dysbiosis in cancer, Translating basic science to efforts in supporting patient care, diagnostic and therapeutic efforts related to viral associated cancers.

Undergraduate Education:
BSc in Microbiology

Other Graduate Education:
PhD, Microbiology and Molecular Genetics
Post-doctorate studies in Viral Oncology

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Diego Contreras, MD, PhD
diegoc@mail.med.upenn.edu

Positions Currently Held:
Professor, Neuroscience

Academic/Clinical/Research Interests:
Electrophysiology of neocortex, support of Spanish speakers

Undergraduate Education:
University Autónoma of Madrid, Spain

Medical School Education:
University Autónoma of Madrid, Spain

Other Graduate Education:
Laval University, Quebec, Canada

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Andres Deik, MD
andres.deik@uphs.upenn.edu

How are you able to help med students?
Mentoring, Shadowing

Positions Currently Held:
Assistant Professor, Clinical Neurology
Director, Experimental Therapeutics, PD&MDC
Director, COPE clinic

Medical School Education:
Universidad del Norte, Barranquilla, Colombia

Academic/Clinical/Research Interests:
Parkinson’s disease, atypical parkinsonian syndromes, dystonia.
John Detre, MD

detre@upenn.edu

How are you able to help med students?
Mentoring, Research

“I enjoy mentoring and am happy to interact with UIM students.”

Positions Currently Held:
- Vice Chair for Research, Department of Neurology
- Director, Center for Functional Neuroimaging, Department of Radiology
- Interim co-Director, Center for Cognitive Neuroscience

Undergraduate Education:
Yale College

Medical School Education:
Yale School of Medicine

Academic/Clinical/Research Interests:
My research focuses on methods and applications of functional neuroimaging of the brain

Pedro Gonzalez-Alegre, MD, PhD

pedro.gonzalez-alegre@uphs.upenn.edu

How are you able to help med students?
Mentoring

Positions Currently Held:
- Associate Professor, Dept. of Neurology
- Division of Movement Disorders
- Perelman Center for Cellular & Molecular Therapeutics, CHOP

Medical School Education:
University of Malaga, Spain

Other Graduate Education:
University of Malaga, Spain (PhD in Neuroscience)

Academic/Clinical/Research Interests:
Neurogenetics, Huntington’s disease, Dystonia, Experimental Therapeutics

Roy Hamilton, MD, MS

roy.hamilton@uphs.upenn.edu

How are you able to help med students?
Mentoring, Research, Shadowing, Social Justice

“Diversity shapes the contours of my life. As a person of mixed African American and Asian heritage, diversity is woven into my genealogy. As a former Jehovah’s Witness turned secular humanist who is raising a beautifully multiethnic Jewish family, diversity of ideas and ideals is etched into my spirit and informs my guiding beliefs. Moreover, as the only member of my working class family to become a physician, the first black member of my family to attend college, and the only child in a generation of Hamiltons to complete high school, my career development has been marked by a profound appreciation of the ways in which my experiences and upbringing differ from those of many of my peers. For all of these reasons, I am especially interested in helping those students who feel that their...”

(continued on next page)
racial, ethnic, cultural, spiritual, or socioeconomic backgrounds pose special challenges for them as they navigate the arduous but ultimately rewarding path to becoming physicians.”

**Positions Currently Held:**
Assistant Professor in Neurology and Physical Medicine & Rehabilitation
Assistant Dean, Diversity & Inclusion, Perelman School of Medicine

**Undergraduate Education:**
Harvard University

**Medical School Education:**
Harvard Medical School

**Academic/ Clinical/ Research Interests:**
Diversity in academic medicine, cognitive neuroscience, neuroplasticity, noninvasive brain stimulation

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**Atul Kalanuria, MD, FACP**
[mailto:atul.kalanuria@uphs.upenn.edu]

**How are you able to help med students?**
Mentoring, Shadowing, Social Justice

**Positions Currently Held:**
Assistant Professor
Director, Medical Student Clerkship
Director, Neurocritical Care Fellowship Program

**Academic/ Clinical/ Research Interests:**
Care of comatose patients

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**Sharon Lewis, MD**
[mailto:sharon.lewis@uphs.upenn.edu]

**How are you able to help med students?**
Mentoring, Shadowing

“I want to make sure that there are available mentors for UIM students. Situations and experiences can be difficult at times and it is helpful to have someone to help you navigate through this. Some of these situations can be unique to UIM students and it may be beneficial to talk to someone who may have had a similar perspective or experience. I feel that I would not be here today without someone taking a special interest in me and I want to make sure I give back.”

**Positions Currently Held:**
Assistant Professor, Neurology
Student National Medical Association (SNMA) Faculty Advisor
Student Interest Group in Neurology (SIGN) Faculty Advisor
Pipeline Program Director

**Undergraduate Education:**
University of Miami

**Medical School Education:**
University of Miami Miller School of Medicine

**Other Graduate Education:**
Residency and Fellowship, University of Pennsylvania

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**Ana Lia Obaid, PhD**
[mailto:obaid@mail.med.upenn.edu]

(continued on next page)
Positions Currently Held:
Associate Professor, Neuroscience

Undergraduate Education:
University of Rosario, Argentina

Academic/Clinical/Research Interests:
Optical recording of electrical activity in the nervous system

Medical School Education:
University of Buenos Aires, Argentina

Allison Willis, MD, MS
allison.willis@uphs.upenn.edu

How are you able to help med students?
Research, Shadowing

Positions Currently Held:
Assistant Professor, Neurology
Assistant Professor, Biostatistics and Epidemiology
Senior Fellow, Leonard Davis Institute
Senior Scholar, Center for Clinical Epidemiology and Biostatistics

Medical School Education:
University of Buenos Aires, Argentina

Other Graduate Education:
University of Illinois College of Medicine
(MSCI)

Academic/Clinical/Research Interests:
Analytical and spatial epidemiology to examine health/care outcomes and disparities in neurological disease populations, comorbid disease burden on treatment disparities and outcomes in Parkinson Disease, the spatial variation in medical care and medical care quality and its impact on outcome, true versus theoretical medical care access for neurological disease, transitions in care for vulnerable neurological disease populations

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**Pediatric Neurology**

Madeline Chadehumbe, MD
chadehumbm@email.chop.edu

How are you able to help med students?
Shadowing

Positions Currently Held:
Assistant Professor of Clinical Neurology

Medical School Education:
University of Zimbabwe

Other Graduate Education:
Cincinnati Children’s Hospital

Academic/Clinical/Research Interests:
Headache, Concussion, Neurobehavior

Ana Recober, MD
recobera@email.chop.edu

How are you able to help med students?
Mentoring, Research, Shadowing

Positions Currently Held:
Assistant Professor in Neurology and Pediatrics

Academic/Clinical/Research Interests:
Neurobiology of migraine and other headache disorders
### DaCarla Albright, MD
**albrighd@obgyn.upenn.edu**

**How are you able to help med students?**
Mentoring, Shadowing

> “In reflecting upon my own experience, I feel it is essential to have mentorship that may understand your path to medicine, and how that course may be impacted by your perspective as an individual. It would have greatly helped me to have more of those resources, as well as mentors who emphasized wellness and balance as I embarked upon my career in medicine.”

**Positions Currently Held:**
- Assistant Professor, Clinical Obstetrics and Gynecology
- Associate Clerkship Director, Core Clinical Clerkship in Ob/Gyn

**Academic/Clinical/Research Interests:**
General Obstetrics and Gynecology, Medical Education

**Undergraduate Education:**
Washington University in St. Louis

**Medical School Education:**
University of Michigan

**Other Graduate Education:**
Washington University in St. Louis - MA in French Language and Literature

### Samantha Butts, MD, MSCE
**sbutts@obgyn.upenn.edu**

**Positions Currently Held:**
Associate Professor, Obstetrics & Gynecology

**Academic/Clinical/Research Interests:**
Environmental reproductive toxicology, reproductive health disparities; in utero programming of ovarian function and somatic growth, reproductive surgery, in vitro fertilization, early menopause, diminished ovarian reserve, ovulation induction

**Undergraduate Education:**
Harvard University

**Medical School Education:**
Harvard University

**Other Graduate Education:**
University of Pennsylvania (MSCE)

### Holly Cummings, MD, MPH
**holly.cummings@uphs.upenn.edu**

**How are you able to help med students?**
Mentoring, Shadowing

> “Women make up close to 50% of all physicians, but the leadership ranks are still majority male. Female physicians will become pregnant and breastfeed; these are not ‘problems’ and should not be treated as such. We need to figure out how to support each other.”

**Positions Currently Held:**
- Assistant Professor, Clinical Obstetrics and Gynecology
- Clerkship Director, Core Clerkship in Obstetrics and Gynecology

**Academic/Clinical/Research Interests:**
General Obstetrics and Gynecology (office, Labor and Delivery, Gynecologic surgery), Medical education

**Undergraduate Education:**
University of Maryland College Park

**Medical School Education:**
University of Louisville School of Medicine

**Other Graduate Education:**
MPH, Drexel University Dorsife School of Public Health
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<tbody>
<tr>
<td>Clarisa Gracia, MD, MSCE</td>
<td><a href="mailto:cgracia@obgyn.upenn.edu">cgracia@obgyn.upenn.edu</a></td>
<td>Associate Professor, Obstetrics &amp; Gynecology</td>
<td>Amherst College</td>
<td>State University of New York-Buffalo</td>
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<td></td>
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<td>Director of Fertility Preservation and Third Party Reproduction</td>
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<td><strong>Academic/Clinical/Research Interests:</strong></td>
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<td></td>
<td>Menopause, ectopic pregnancy, infertility induction</td>
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<tr>
<td>Abike James, MD, MPH</td>
<td><a href="mailto:ajamin@obgyn.upenn.edu">ajamin@obgyn.upenn.edu</a></td>
<td>Associate Professor, Clinical Obstetrics &amp; Gynecology</td>
<td>Dartmouth College</td>
<td>Yale University School of Medicine</td>
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<td></td>
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<td>Lead Physician, Penn Ob/Gyn Associates</td>
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<td>Harvard School of Public Health (MPH)</td>
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<td></td>
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<td>Clinical Director for Women’s Health, Philadelphia Health Department</td>
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<td><strong>Academic/Clinical/Research Interests:</strong></td>
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<td>Women's health – from a public health perspective</td>
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<tr>
<td>Nahla Khalek, MD, MPH, MSeMed</td>
<td><a href="mailto:khalekn@email.chop.edu">khalekn@email.chop.edu</a></td>
<td><strong>Positions Currently Held:</strong></td>
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<td></td>
<td></td>
<td>Attending Physician, Center for Fetal Diagnosis and Treatment, The Children’s Hospital of Philadelphia</td>
<td>City College of New York</td>
<td>New York Medical College</td>
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<td>Assistant Clinical Professor of Obstetrics and Gynecology in Surgery</td>
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<td></td>
<td>Director, Fellowship in Prenatal Diagnosis and Fetal Therapy</td>
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<td><strong>Academic/Clinical/Research Interests:</strong></td>
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<td></td>
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<td>Prenatal diagnosis and fetal therapy,</td>
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Complicated monochorionic pregnancies, Prenatal dysmorphology, Medical education, Global women’s health

Jack Ludmir, MD
jaludm@pahosp.com

Positions Currently Held:
Professor and Chair, Ob/Gyn at Pennsylvania Hospital
Vice Chair, Ob/Gyn, Perelman School of Medicine

Academic/Clinical/Research Interests:
Cervical insufficiency, preterm delivery, obstetric care for vulnerable and under-resourced populations

Undergraduate Education:
University of Pennsylvania

Medical School Education:
Temple University School of Medicine

Other Graduate Education:
Hospital University of Pennsylvania (Residency in Ob/Gyn and Fellowship in Maternal-Fetal-Medicine)

Judith Green McKenzie, MD, MPH, FACP, FACOEM
judith.mckenzie@uphs.upenn.edu

"As a child I witnessed the positive impact of prevention on healthcare disparities, where interventions targeted both clinical and environmental issues. I knew then that I wanted to be a part of a specialty that could impact the health and well-being of not just one individual at a time but of populations as a whole. Occupational Medicine, a public health specialty integrating clinical patient care, epidemiology and prevention, provides the tools to accomplish both."

Positions Currently Held:
Associate Professor, Lead Physician & Residency Director, Occupational Medicine

Academic/Clinical/Research Interests:
Occupational medicine outcomes, blood-borne pathogen exposures, workers’ compensation costs

Undergraduate Education:
Princeton University

Medical School Education:
Yale Medical School

Other Graduate Education:
Johns Hopkins School of Hygiene and Public Health

Victoria Addis, MD
victoria.addis@uphs.upenn.edu

How are you able to help med students?
Mentoring, Research, Shadowing

(continued on next page)
“I recently started on faculty at The Scheie Eye Institute at The University of Pennsylvania after completing my residency in Ophthalmology at Georgetown and Fellowship in Glaucoma at the University of Michigan. I absolutely love my field of medicine and would love to mentor others considering this field (or others).”

**Positions Currently Held:**
- Assistant Professor, Ophthalmology

**Academic/Clinical/Research Interests:**
- Diagnosis and management of all stages of glaucoma, Genetics of Primary Open Angle Glaucoma

**Eydie Miller-Ellis, MD**
**eydie.miller@uphs.upenn.edu**

**How are you able to help med students?**
- Mentoring, Shadowing

**Positions Currently Held:**
- Professor, Clinical Ophthalmology
- Director, Glaucoma Service, Scheie Eye Institute

**Undergraduate Education:**
- Princeton University

**Medical School Education:**
- Jefferson Medical College

**Eve Higginbotham, SM, MD**
**ehig@upenn.edu**

**How are you able to help med students?**
- Mentoring, Research, Shadowing, Social Justice

“Throughout my career I have always enjoyed mentoring students. Perhaps the pinnacle of that experience was when I served as Dean of Morehouse School of Medicine. I am particularly interested in talking to students who wish to understand how to shape their future careers, particularly if there is an interest in health policy, academic administration, or clinical research.”

**Positions Currently Held:**
- Vice Dean for Inclusion and Diversity
- Senior Fellow, LDI Institute
- Professor of Ophthalmology

**Undergraduate Education:**
- MIT, SB Chemical Engineering

**Medical School Education:**
- Harvard Medical School

**Other Graduate Education:**
- SM Chemical Engineering

**Academic/Clinical/Research Interests:**
- The Office of Inclusion and Diversity as one of its aims, conducts research related to inclusion and diversity, health policy, and health equity. We partner with faculty within PSOM and the University to conduct our studies. We also partner with students who may wish to write editorials, commentaries, or blogs. My personal professional research is in the area of glaucoma, now finishing up a 20 year follow-up on a national clinical trial. I also have an interest in advancing military health given my current role on the Defense Health Board and previous role on the Special Medical Advisory Board of the VA.
Prithvi S. Sankar, MD
prithvi.sankar@uphs.upenn.edu

"Every student has an interesting background and an interesting story. I think this diversity makes working with students so enjoyable."

Positions Currently Held:
Associate Professor, Clinical Ophthalmology
Director, Medical Student Education, Ophthalmology

Academic/Clinical/Research Interests:
Glaucoma

Undergraduate Education:
University of Virginia

Medical School Education:
University of Virginia

Other Graduate Education:
Transitional Residency, Lehigh Valley Hospital, Allentown, PA (Transitional Residency); University of Pittsburgh (Residency) Massachusetts Eye and Ear Infirmary, Harvard University (Fellowship)

---

Pediatric Ophthalmology

Gil Binenbaum, MD, MSCE
bienenbaum@email.chop.edu

How are you able to help med students?
Mentoring, Research, Shadowing

Positions Currently Held:
Attending Surgeon, Children’s Hospital of Philadelphia (CHOP)
Associate Professor of Ophthalmology

Academic/Clinical/Research Interests:
Adult Strabismus, retinopathy of prematurity, abusive head trauma, clinical effectiveness in pediatric ophthalmology

Undergraduate Education:
Wharton School, University of Pennsylvania

Medical School Education:
University of Pennsylvania

Other Graduate Education:
University of Pennsylvania (MSCE)

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Palliative and Hospice Medicine

Shefali Parikh, MD
parikhsh@email.chop.edu

How are you able to help med students?
Mentoring

“My career, while at CHOP/PSOM, has taken a winding path. Along the way, mentorship has been a crucial component to my growth as a physician within the field of pediatric palliative care and as a woman trying to balance a successful academic career alongside raising a family.”

Positions Currently Held:
Attending Physician, Pediatric Advanced Care Team

Undergraduate Education:
Duke University

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<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Medical School Education</th>
<th>Undergraduate Education</th>
<th>Academic/Clinical/Research Interests</th>
<th>How are you able to help med students?</th>
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<tbody>
<tr>
<td>Nicole Aqui, MD</td>
<td>Assistant Professor, Pathology &amp; Laboratory Medicine</td>
<td></td>
<td>University of Maryland – College Park</td>
<td>Immune assessment, immune recovery, adoptive T cell immunotherapy, multiple myelom, transfusion medicine, multiple myeloma, stem cell transplant, apheresis</td>
<td></td>
</tr>
<tr>
<td>Robert (Bob) Doms, MD, PhD</td>
<td>Professor, Pathology and Laboratory Medicine</td>
<td>University of Pennsylvania</td>
<td>Bucknell University</td>
<td>Virus-host interactions, HIV</td>
<td></td>
</tr>
<tr>
<td>Tricia Bhatti, MD</td>
<td>Attending Pediatric Pathologist</td>
<td>Medical College of Georgia</td>
<td>Duke University</td>
<td>Transplant pathology, Endocrine pathology</td>
<td>Mentoring, Shadowing</td>
</tr>
<tr>
<td>Kudakwashe Chikwava, MBChB</td>
<td>Assistant Professor, Clinical Pathology and</td>
<td></td>
<td>Media School Education:</td>
<td></td>
<td>Mentoring, Shadowing</td>
</tr>
<tr>
<td></td>
<td>Medical School Education: (continued on next page)</td>
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</tr>
</tbody>
</table>
### Laboratory Medicine

**Jennifer Pogoriler, MD, PhD**  
Pogorilerj@email.chop.edu

**Academic/Clinical/Research Interests:**  
Pediatric and Perinatal Pathology, Medical Education

**University of Zimbabwe**

**Other Graduate Education:**  
University of Pittsburgh

**Positions Currently Held:**  
Assistant Professor, Pathology and Laboratory Medicine at Children’s Hospital of Philadelphia

**Academic/Clinical/Research Interests:**  
Pediatric pathology, lung pathology

**How are you able to help med students?**  
Mentoring, Shadowing

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**Pediatrics**

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### General Pediatrics

**Adelaide Barnes, MD**  
Barnesae@email.chop.edu

**How are you able to help med students?**  
Mentoring, Shadowing

**Positions Currently Held:**  
Attending Physician, Division of General Pediatrics  
Director of Recruitment, Pediatric Residency Program

**Undergraduate Education:**  
Williams College

**Medical School Education:**  
University of Chicago Pritzker School of Medicine

**Other Graduate Education:**  
University of Chicago Committee on Cancer Biology (PhD)

**Academic/Clinical/Research Interests:**  
Medical Education, Global Health

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**Cindy W. Christian, MD**  
Christian@email.chop.edu

**How are you able to help med students?**  
Mentoring, Shadowing

“*My career at PSOM and CHOP has been diverse and extremely satisfying professionally. As a pediatrician who specializes in child abuse and neglect, I have had important responsibilities in helping to protect some of society’s most vulnerable children locally and through state and national efforts. As an Assistant Dean in the Program for Diversity and Inclusion at PSOM, I have had the great pleasure of working with our enthusiastic and talented students, supporting their community volunteer work, and helping to support their career aspirations.*”

(continued on next page)
James Guevara, MD, MPH  
guevara@email.chop.edu

How are you able to help med students?
Mentoring, Research

“I believe that the medical profession and academic medicine in particular needs to diversify its members to meet the health, education, and research needs of the U.S. population. I am committed to guiding, advising, promoting, and mentoring students of color to bring about this change.”

Leonel Toledo, MD  
toledo@email.chop.edu

How are you able to help med students?
Mentoring, Shadowing

“I am extremely interested in Global Health. I was born in Guatemala and raised in the United States. As a pediatrician I have volunteered or taught in various countries in Latin America, Europe, and Asia. I also volunteer in a clinic for undocumented immigrants in Philadelphia. I would be honored to share my experiences and be a resource for students interested in global health.”


Leonel Toledo, MD  
toledo@email.chop.edu

Global health, sedation

Undergraduate Education:  
Drew University

Medical School Education:  
UMDNJ, Robert Wood Johnson Medical School
I would love to see more underrepresented minorities within academic medicine, as well as Pediatrics. I’m invested in diversity and happy to serve as mentor in any capacity.”

**Positions Currently Held:**
- Attending Physician, Division of General Pediatrics, Section of Hospital Medicine
- Assistant Program Leader, CHOP Pediatric Residency Program

**Undergraduate Education:**
- University of Virginia

**Medical School Education:**
- University of Virginia School of Medicine

**Academic/Clinical/Research Interests:**
- Medical education, quality improvement, hospital administration

### Adolescent Medicine

See [Adolescent Medicine](#)

### Other Pediatric Subspecialties

**Pediatric Anesthesiology**
See [Pediatric Anesthesiology](#) in [Anesthesiology and Critical Care](#)

**Pediatric Cardiology**
See [Pediatric Cardiology](#) in [Internal Medicine: Cardiology](#)

**Pediatric Dermatology**
See [Pediatric Dermatology](#) in [Dermatology](#)

**Pediatric Emergency Medicine**
See [Pediatric Emergency Medicine](#) in [Emergency Medicine](#)

**Pediatric Endocrinology**
See [Pediatric Endocrinology](#) in [Internal Medicine: Endocrinology](#)

**Pediatric Hematology/Oncology**
See [Pediatric Hematology/Oncology](#) in [Internal Medicine: Hematology/Oncology](#)

**Pediatric Infectious Diseases**
See [Infectious Diseases](#) in [Internal Medicine: Infectious Diseases](#)

**Pediatric Neurology**
See [Pediatric Neurology](#) in [Neurology](#)

**Pediatric Ophthalmology**
See [Pediatric Ophthalmology](#) in [Ophthalmology](#)

**Pediatric Orthopaedic Surgery**
See *Surgery*

**Pediatric Pathology**
See *Pediatric Pathology* in *Pathology*

**Pediatric Pulmonology**
See *Pediatric Pulmonology* in *Internal Medicine: Pulmonology, Allergy and Critical Care*

**Pediatric Radiology**
See *Pediatric Radiology* in *Radiology*

**Pediatric Rehabilitation Medicine**
See *Pediatric Rehabilitation Medicine* in *Physical Medicine and Rehabilitation*

**Pediatric Rheumatology**
See *Pediatric Rheumatology* in *Internal Medicine: Rheumatology*

### Physical Medicine and Rehabilitation

<table>
<thead>
<tr>
<th>Franklin Caldera, DO</th>
<th>How are you able to help med students?</th>
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<tbody>
<tr>
<td><a href="mailto:franklin.caldera@uphs.upenn.edu">franklin.caldera@uphs.upenn.edu</a></td>
<td>Mentoring</td>
</tr>
</tbody>
</table>

**Positions Currently Held:**
- Assistant Chief Medical Officer, Department of Physical Medicine and Rehabilitation
- Assistant Residency Director, Department of Physical Medicine and Rehabilitation

**Academic/Clinical/Research Interests:**
- General Physiatry, Pain management, Fluoroscopic and ultrasound guided interventions, Sports medicine

<table>
<thead>
<tr>
<th>Michelle Johnson, PhD</th>
<th>How are you able to help med students?</th>
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<tbody>
<tr>
<td><a href="mailto:michelle.johnson2@uphs.upenn.edu">michelle.johnson2@uphs.upenn.edu</a></td>
<td>Research</td>
</tr>
</tbody>
</table>

**Positions Currently Held:**
- Assistant Professor, Rehabilitation Medicine
- Assistant Professor, Bioengineering Director, Rehabilitation Robotics Lab
- Associate Director of Research in Department of PM&R

**Undergraduate Education:**
- SUNY Binghamton

**Medical School Education:**
- NY College of Osteopathic Medicine (DO)

**Other Graduate Education:**
- NY Institute of Technology (MBA)

**Undergraduate Education:**
- University of Pennsylvania

**Other Graduate Education:**
- Stanford University (PhD, Mechanical Engineering); University of California – Irvine MS (Mechanical Engineering, Emphasis in Robot Mechanical System)

(continued on next page)
Richard Salcido, MD
salcidor@uphs.upenn.edu

“After spending my formative years in the U.S. Army, I went to medical school at the age of 38 under the GI Bill. The military is an inclusive organization. Penn has the same ethos of inclusion, diversity, equity and lifelong learning. At Penn I served as the Chair of Physical Medicine and Rehabilitation (PM&R) and earned a second doctorate in Higher Education Management at the Penn Graduate School of Education. I would be happy to discuss the merits of helping patients reach their maximal potential through the specialty of PM&R.”

Positions Currently Held:
Emeritus Professor CE, Physical Medicine & Rehabilitation

Academic/Clinical/Research Interests:
Chronic wounds, ischemia reperfusion

Medical School Education:
The University of the State of New York, Regents College
Institute of Biomedical Sciences, Autonomous University of Juarez, Mexico

Other Graduate Education:
University of Southern CA (Health Care Counseling & Administration)

Pediatric Rehabilitation Medicine

Ashlee Jaffe, MD
jaffea@email.chop.edu

How are you able to help med students?
Mentoring

“My field is one of the smallest in medicine, and very few students know how great a career in pediatric rehabilitation can be! I love talking to students with an interest in pediatrics, PM&R, pediatric neurology, and developmental and behavioral medicine to see if pediatric rehab may be a fit for them.”

Positions Currently Held:
Assistant Professor, Clinical Pediatrics
Attending Physician, Division of Physical Medicine & Rehabilitation, Children’s Hospital of Philadelphia

Undergraduate Education:
University of California, San Diego

Medical School Education:
University of Illinois at Chicago, College of Medicine

(continued on next page)
**PSYCHIATRY**

**Henry Bleier, MD, MBA**  
bleierh@mail.med.upenn.edu

**Positions Currently Held:**  
Clinical Professor, Psychiatry  
Chief Consultation Liaison, Psychiatry  
Philadelphia Veterans Affairs Medical Center

**Undergraduate Education:**  
City College of New York

**Medical School Education:**  
Cornell University

**Academic/Clinical/Research Interests:**  
Coping with serious illness, decision making capacity, the humanities in medicine

**E. Cabrina Campbell, MD**  
cabrina.campbell@va.gov

**Positions Currently Held:**  
Associate Professor, Psychiatry  
Associate Chief, Philadelphia Veterans Affairs Medical Center

**Undergraduate Education:**  
Hendrix College

**Medical School Education:**  
University of Arkansas

**Academic/Clinical/Research Interests:**  
Schizophrenia, treatment of schizophrenia comorbid with cocaine abuse, sleep and movement disorders

**James W. Cornish, MD**  
jcornish@mail.med.upenn.edu

**Positions Currently Held:**  
Associate Professor, Psychiatry  
Director, Pharmacotherapy Division

**Undergraduate Education:**  
St. Joseph’s University

**Medical School Education:**  
Thomas Jefferson University

**Academic/Clinical/Research Interests:**  
Substance abuse

**Other Graduate Education:**  
University of Pennsylvania (MBA)
Katharine Dalke, MD
katharine.dalke@uphs.upenn.edu

How are you able to help med students?
Mentoring, Shadowing, Social Justice

“I went to medical school in the hopes of being able to improve care for people with all kinds of different experiences of sex, gender, and sexuality. I love being able to do this clinically as a psychiatrist, and credit my mentors from medical school and residency as the people who helped me visualize how that might happen. I’m eager to support students interested in this kind of work.”

Positions Currently Held:
Associate Professor, Clinical Psychiatry
Associate Director, Inpatient Mood Disorders and Geriatric Psychiatry Unit at Pennsylvania Hospital
Associate Director, Consultation/Liaison Psychiatry Service at Pennsylvania Hospital
Site Director, 6 Spruce Rotation at Pennsylvania Hospital for Clinical Clerkship in Psychiatry

Undergraduate Education:
Haverford College

Medical School Education:
University of Pennsylvania

Other Graduate Education:
University of Pennsylvania (Masters in Bioethics)

Academic/Clinical/Research Interests:
Mood and Personality Disorders,
Consultation/Liaison Psychiatry,
Psychotherapy, and the care and support of patients of diverse gender, sex, and sexuality experiences

Benoit Dubé, MD
bedube@upenn.edu

How are you able to help med students?
Mentoring

Positions Currently Held:
Assistant Dean, Diversity & Inclusion,
Perelman School of Medicine
Associate Professor, Clinical Psychiatry
Director, Medical Student Education in Psychiatry

Undergraduate Education:
Concordia University, Montreal

Medical School Education:
Université de Montréal, Montreal

Academic/Clinical/Research Interests:
HIV mental health

David Mandell, ScD
mandelld@upenn.edu

How are you able to help med students?
Research, Social Justice

“I see the research I do as a form of striving for social justice. I’m very interested in helping students who feel the same way.”

Positions Currently Held:
Associate Professor, Psychiatry and Pediatrics

Undergraduate Education:
Columbia University

(continued on next page)
Director, Center for Mental Health Policy and Services Research
Associate Director, Center for Autism Research

**Academic/Clinical/Research Interests:**
Mental health services, autism, disparities in mental health care and outcomes, children’s mental health services

**Mariana Méndez-Tadel, MD**
mariana.mendez-tadel2@va.gov

**Positions Currently Held:**
Staff psychiatrist, Outpatient Mental Health clinic

**Academic/Clinical/Research Interests:**
Medical Student teaching, Caring for Spanish-speaking veterans

**How are you able to help med students?**
Mentoring

**Undergraduate Education:**
University of Puerto Rico, San Juan

**Medical School Education:**
University of Pennsylvania

**Radiation Oncology**

**Neha Vapiwala, MD**
darlene.smith@uphs.upenn.edu (Assistant)

**Positions Currently Held:**
Associate Professor, Radiation Oncology
Advisory Dean, Perelman School of Medicine
Vice Chair, Education
Chief, Genitourinary Service

**Academic/Clinical/Research Interests:**
Breast and prostate cancer, education, immunotherapy

**Radiology**

**Beverly Coleman, MD, FACR**
colemanb@email.chop.edu

**Positions Currently Held:**
Emeritus Professor CE of Radiology
Director of Fetal Imaging, Center for Fetal Diagnosis and Treatment

**Academic/Clinical/Research Interests:**
Obstetrical and gynecologic ultrasound with concentration in congenital anomalies

**Undergraduate Education:**
Vassar College

**Medical School Education:**
Harvard University

**Other Graduate Education:**
University of Pennsylvania (Radiology Residency, Abdominal Imaging Fellowship)
Despina Kontos, PhD
despina.kontos@uphs.upenn.edu

How are you able to help med students?
Mentoring, Research

“My lab, the Computational Breast Imaging Group (CBIG) is a research group within the Center for Biomedical Image Computing and Analytics and the Breast Imaging Division of the Radiology department at the University of Pennsylvania. Our goal is to act as a translational catalyst between the worlds of computation imaging science and clinical breast cancer research by integrating image analysis, pattern recognition and data mining in clinically relevant breast imaging applications.”

<table>
<thead>
<tr>
<th>Positions Currently Held:</th>
<th>Undergraduate Education:</th>
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</thead>
<tbody>
<tr>
<td>Assistant Professor, Radiology</td>
<td>University of Patras, Greece</td>
</tr>
</tbody>
</table>

Marc S. Levine, MD, FACP
marc.levine@uphs.upenn.edu

"Students starting at Penn Med have a tendency to feel as if the big decision is behind them, having chosen to become a physician. With so many areas of medicine to specialize in, however, many students struggle to choose the best specialty for them. As advisory dean, I try to help students with this difficult choice, so they can find a specialty that will provide them the exciting and fulfilling careers they deserve."

<table>
<thead>
<tr>
<th>Positions Currently Held:</th>
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<tbody>
<tr>
<td>Professor, Radiology</td>
<td>University of Michigan</td>
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<tr>
<td>Chief, Gastrointestinal Radiology</td>
<td>Medical School Education:</td>
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<tr>
<td>Advisory Dean, Perelman School of Medicine</td>
<td>University of Michigan</td>
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<td>Academic/Clinical/Research Interests:</td>
<td>Other Graduate Education:</td>
</tr>
<tr>
<td>GI radiology</td>
<td>Hospital of the University of Pennsylvania (Radiology Residency and GI Radiology Fellowship)</td>
</tr>
</tbody>
</table>

Suyash Mohan, MD, PDCC
suyash.mohan@uphs.upenn.edu

How are you able to help med students?
Mentoring, Research, Shadowing

<table>
<thead>
<tr>
<th>Positions Currently Held:</th>
<th>Academic/Clinical/Research Interests:</th>
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<tbody>
<tr>
<td>Assistant Professor, Radiology</td>
<td>Advanced neuroimaging, Ultra high field imaging, Neuro-oncology, CNS infections</td>
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<td>Director of Residency Education, Neuroradiology</td>
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</tbody>
</table>

Ronnie Sebro, MD
ronnie.sebro@uphs.upenn.edu

How are you able to help med students?
Mentoring, Research, Shadowing

(continued on next page)
Positions Currently Held:
Assistant Professor

Academic/Clinical/Research Interests:
Musculoskeletal radiology, oncology

Undergraduate Education:
Morehouse College

Medical School Education:
Stanford University, UCSF

Victor Ho-Fung, MD
hov@email.chop.edu

How are you able to help med students?
Mentoring, Research

“I believe mentoring is a mutually rewarding experience for both mentor and mentee. I enjoy the opportunity of being of any help to the professional development and well-being of younger physicians as I was help by many people along my career.”

Positions Currently Held:
Associate Director, Trauma & Director, Sports Diagnostic Imaging, The Children's Hospital of Philadelphia
Assistant Professor, Radiology, The Children's Hospital of Philadelphia, Perelman School of Medicine

Academic/Clinical/Research Interests:
Pediatric Musculoskeletal Injuries, Bone and soft tissue tumor imaging

Undergraduate Education:
University of Puerto Rico - Mayaguez, PR

Medical School Education:
University of Puerto Rico - School of Medicine, San Juan PR

Other Graduate Education:
Diagnostic Radiology, Pennsylvania Hospital
Pediatric Radiology Fellowship, The Children’s Hospital of Philadelphia

Lisa States, MD
states@email.chop.edu

How are you able to help med students?
Shadowing

“I would love to expose students to the field of pediatric radiology which has been rewarding, both academically and personally. As a female with two children, now teenagers, I would like to share my experience balancing an academic career and family.”

Positions Currently Held:
Associate Professor, Clinical Radiology Director, Outpatient Satellite Imaging

Academic/Clinical/Research Interests:
PET/CT using 18F-DOPA in the evaluation of infants with congenital hyperinsulinism, PET/MRI

Undergraduate Education:
Stanford University

Medical School Education:
Cornell (Weill) Medical College

Other Graduate Education:
Radiology Residency -AECOM, Jacobi & Montefiore Hospital

Surgery

Cary B. Aarons, MD
cary.aarons@uphs.upenn.edu

How are you able to help med students?
Mentoring, Shadowing

(continued on next page)
Edward Cantu, III, MD  
edward.cantu@uphs.upenn.edu

"It has become increasingly difficult for surgeons to be active clinically and develop robust research enterprises. Outstanding mentorship is the key to successfully achieving academic success. I was fortunate to have had several mentors whom inspired and supported me; paying that forward is something I find personally meaningful."

Positions Currently Held:
Assistant Professor, Surgery  
Associate Clerkship Director, Surgery 200  
Associate Program Director, Colon & Rectal Surgery Fellowship

Academic/Clinical/Research Interests:
Clinical interests include laparoscopic colon surgery, colon and rectal cancer surgery, and surgery for inflammatory bowel disease

Rachel Rapaport Kelz, MD, MSCE  
rachel.kelz@uphs.upenn.edu

“Everyone is talented, the key is to find your passion and the people who will help you harness your limitless potential. Together we can create a culture that fosters unity and draws strength from our differences. We need all types of surgeons to help our patients and ourselves.”

Positions Currently Held:
Assistant Professor, Surgery  
Associate Program Director, General Surgery Residency Program  
Faculty Advisor, Elizabeth Blackwell Society Women in Medicine Society at the Perelman School of Medicine  
Faculty Advisor, Agnew Society, Surgical interest group at the Perelman School of Medicine

Academic/Clinical/Research Interests:
Surgical education, health services research

Undergraduate Education:
Harvard University

Medical School Education:
Howard University College of Medicine

Other Graduate Education:
Mayo Clinic, Colon and Rectal Surgery Fellowship

Undergraduate Education:
Harvard University

Medical School Education:
Columbia University

Undergraduate Education:
Union College

Medical School Education:
Yale University

Other Graduate Education:
University of Pennsylvania (MSCE)
Nahla Khalek, MD, MPH, MSEd
khalekn@email.chop.edu

How are you able to help med students?
Mentoring, Research

“Why am I interested in mentoring UIM students?
‘You may have earned it, but you still owe.’
-Tupac Shakur”

Positions Currently Held:
Attending Physician, Center for Fetal Diagnosis and Treatment, The Children’s Hospital of Philadelphia
Assistant Clinical Professor of Obstetrics and Gynecology in Surgery
Director, Fellowship in Prenatal Diagnosis and Fetal Therapy

Academic/Clinical/Research Interests:
Prenatal diagnosis and fetal therapy, Complicated monochorionic pregnancies, Prenatal dysmorphology, Medical education, Global women’s health

Undergraduate Education:
City College of New York

Medical School Education:
New York Medical College

Other Graduate Education:
Columbia University/Mailman School of Public Health (MPH)
University of Pennsylvania/Graduate School of Education (MSEd)

Major Lee IV, MD, PhD
leemk@uphs.upenn.edu

How are you able to help med students?
Mentoring, Shadowing

Positions Currently Held:
Assistant Professor, Surgery

Academic/Clinical/Research Interests:
Surgery of the liver, pancreas, and biliary tract

Undergraduate Education:
University of Pittsburgh

Medical School Education:
University of Pennsylvania School of Medicine

Other Graduate Education:
University of Pennsylvania School of Medicine (PhD)

Niels Martin, MD, FACS
niels.martin@uphs.upenn.edu

How are you able to help med students?
Mentoring, Research, Shadowing

“I enjoy mentoring students who are willing to think outside the box. Those that recognize the world is theirs for the taking. I like to discuss how to find opportunities, gain experience, and enjoy one’s career.”

Positions Currently Held:
Program Director, Trauma & Surgical

Undergraduate Education:
Rutgers

(continued on next page)
Critical Care Fellowship
Section Chief, Surgical Critical Care, Department of Surgery

Medical School Education:
Rutgers - Robert Wood Johnson

Academic/Clinical/Research Interests:
Clinical work in trauma, general surgery, and critical care; Academically, in hospital administration, data, metrics, education, and leadership; Research: Trauma outcomes, end of life care, hemodynamic resuscitation.

Charles Nelson, MD
charles.nelson@uphs.upenn.edu

How are you able to help med students?
Mentoring, Research, Shadowing

“I am a strong proponent of eliminating health disparities related to race, ethnicity, socioeconomic status, geography, or patient factors such as obesity. Increasing diversity is an important ingredient in decreasing health disparities and I believe all of us benefit from increased exposure to diversity, most importantly our patients. I have been fortunate to have been mentored by outstanding minority and majority mentors, and hopefully I am contributing to improving care for all patients. However, I believe mentoring the next generation is the best way to make lasting contributions.”

Positions Currently Held:
Associate Professor, Orthopaedic Surgery
Chief, Adult Reconstruction

Undergraduate Education:
Rensselaer Polytechnic Institute

Medical School Education:
University of Pennsylvania

Lawrence Wells, MD
wellsl@email.chop.edu

Positions Currently Held:
Associate Professor, Orthopaedic Surgery, Children’s Hospital of Philadelphia

Undergraduate Education:
Stanford University

Medical School Education:
University of California-San Francisco

Other Graduate Education:
University of California-San Francisco (Residency in Orthopaedic Surgery);

Academic/Clinical/Research Interests:
Cartilage injury and repair, sports-related injury to shoulder and knee, osteonecrosis

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<table>
<thead>
<tr>
<th>Noel Williams, MD</th>
<th>Positions Currently Held:</th>
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<td><a href="mailto:williamn@uphs.upenn.edu">williamn@uphs.upenn.edu</a></td>
<td>Professor, Clinical Surgery</td>
</tr>
<tr>
<td></td>
<td>Director, UPHS Bariatric Surgery Program</td>
</tr>
</tbody>
</table>

**Academic/Clinical/Research Interests:**
Laparoscopic bariatric surgical procedures including Roux-en-Y gastric bypass, adjustable gastric band, and sleeve gastrectomy; diseases of the esophagus, stomach, and gallbladder

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<tbody>
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<td>Royal College of Surgeons, Ireland</td>
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<table>
<thead>
<tr>
<th>Other Graduate Education:</th>
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<tbody>
<tr>
<td>Adelaide &amp; Meath Hospital, Ireland (Residency)</td>
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<tr>
<td>University of Pennsylvania (Fellowship)</td>
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</table>
“If you are losing your leisure, look out; you may be losing your soul.”
- Logan P. Smith

In other words: make time for yourself and try to keep balanced. When you take your well-deserved break, try something refreshing and exhilarating: sunning in the French Riviera, trekking through the Amazon or cruising the Caribbean. If budget and time prohibit international travel, Philadelphia offers many exciting but thrifty attractions—an array of restaurants, night clubs and museums, for example.

Make sure, though, that you take advantage of these opportunities not only while on break, but throughout the year. This guide provides suggestions of places to go and things to do. It also provides information about getting around, and living your everyday life in Philadelphia. For your more regular needs, it gives information on public transportation (SEPTA), places of worship, hair care establishments and other everyday places.

Other information about Philadelphia clubs, restaurants, etc. can be found on the University of Pennsylvania web site as well as various Philadelphia newspapers. The Philadelphia Weekly, the City Paper, and the Friday edition of the Philadelphia Inquirer are excellent sources of information on upcoming events in Philadelphia and the surrounding areas, as well as uwishunu.com for upcoming events and restaurant recommendations.

It is our hope that you’ll come to see and experience Philadelphia as a city where you can learn medicine and have fun too!
Within Center City

Center City
Encompassing a rectangular slice of downtown, the bustling Center City district is a popular choice amongst Penn Med students each year. As the urban core of Philly, Center City is home to many businesses and offers convenient access to shops, grocery stores, restaurants and nightlife. Center City is subdivided into neighborhoods with their own names and vibe. The “Gayborhood,” so called due to its concentration of LGBT-friendly establishments, makes up part of Washington Square West and is the site of the annual OutFest festival. Fitler Square, Graduate Hospital, and Rittenhouse Square are nearest to the Schuylkill River (and Penn), making these three popular neighborhoods for medical students to live. Housing options in these areas are varied, ranging from traditional brownstone walk-ups to high-rise apartment buildings. Likewise, rent prices in Center City fall on a wide spectrum. Although it tends to be a bit pricier than West Philly, many students live with one or more roommates to defray the cost. In general, the area south of South Street tends to be more affordable, although good deals can pop up anywhere. The rental market for an August move-in gets hot 2-3 months prior.

Grad Hospital
Graduate Hospital is an increasingly popular neighborhood for Penn Med students. The name comes from the old hospital in the area. The hospital is no longer functional, and part of it has become Penn’s simulation center. But the name has stuck with the neighborhood nonetheless. Essentially covering the area West of Broad Street and South of South Street, this area is removed from the hustle and bustle of Center City/Rittenhouse. The area is
considerably more residential and is home to many young professionals and young families. For those who desire a quieter area and more “bang for your buck,” this is the place to be. At the same time, residents of the area still have plenty of access to everything that Philadelphia has to offer. The walk up to Center City takes only about ten minutes, depending on exactly where you’re going. Perhaps more importantly, the walk over the South Street Bridge makes the walk to Penn and HUP incredibly easy. Accessibility is not the only thing to like about Grad Hospital, though. The neighborhood has many of its own offerings. There is a seemingly endless supply of great bars serving fantastic “off-the-beaten-path” beers, like Sidecar, Ten Stone, and Grace Tavern. There are wonderful restaurants, like Pub and Kitchen and Honey’s Sit ‘n’ Eat. South Street is home to countless shops and boutiques. All in all, Grad Hospital is an affordable, low-key, quickly up-and-coming neighborhood that is great for Penn Med students. West Philadelphia

West Philadelphia offers a number of benefits for people thinking about moving here. The best aspect of West Philly is the diversity and overall community feel. Given its proximity to campus and its affordability, it attracts a wide slice of people from artists, activists, Penn faculty, new immigrants, grad students, young families in starter homes, and families who’ve owned their homes for multiple generations. In the summer time, expect block parties. In the winter, expect carolers. There are plenty of places that would be termed “hidden gems” including mom-and-pop shops and restaurants offering international cuisine (Senegalese, Vietnamese, Thai, Lebanese, Egyptian, Ethiopian, etc.) all of which are very affordable. Clark Park is also a notable location featuring farmer’s markets, festivals, weekly drum circles, pick-up soccer or chess games, great slopes for downhill sledding, and theatrical performances such as Shakespeare in the Park.

West Philadelphia is also affordable with 1 bedrooms starting at $700 and two bedrooms starting at $950. People who decide to live in large houses with 6-7 rooms typically end up each paying about $300-400 for rent. Most of the housing in West is renovated, gorgeous Victorian houses with interesting architectural features including bay windows. Depending on the actual unit, the houses tend to have LARGE rooms, porches, backyards, and plenty of parking.

Historically, a larger percent of Penn med students live in Center City or Graduate Hospital area. In the first 2 years, students living in West tend to feel like they’re on the “outside” since much of the socializing happens on the other side of the river. By 3rd and 4th year however, these students tend to weave themselves into the West Philly community creating a life outside of medical school. Also, the trend is such that the West Philly contingency in each class coalesces together to create a tight-knit community. Overall, students who live happily in West Philly tend to be people who love a good deal, people with families who require more space, people who live in larger group houses with or without other medical students, and people who are drawn to the community-based feel that makes West Philly so special.
**NIGHT LIFE**

The nightlife in Philly is a pleasant mixture of big city excitement and the quaintness of a small town. In general, establishments close at 2AM.

**Comedy**

**Helium Comedy Club**
2031 Sansom Street
215-496-9001
www.heliumcomedy.com
Helium has a lot of front liners who secretly pass by to make people crack a smile. Be sure to check their website before you go, because Helium likes to throw out a last-minute discount from time to time. They also offer a special price for groups of four online called the “4-pack special.” Open mike nights every Tuesday.

**Club/Music Venues**

**Drinker’s**
1903 Chestnut Street (Center City)
124 Market Street (Old City)
www.drinkersrittenhouse.com
Known and loved for being no-nonsense bars with fair prices.

**Silk City Lounge**
435 Spring Garden Street
215-592-8838
www.silkcityphilly.com
This little club attached to the American Diner is a great place to let loose and hang. Dress, along with clientele, is random. A 3,000 sq. ft. Beer Garden opens during the warm months.

**Morgan’s Pier**
221 N. Columbus Boulevard
215-279-7134
www.morganspier.com
This seasonal beer garden is located on the waterfront, just steps from the Ben Franklin Bridge. It boasts a foodie picnic menu, an assortment of American craft beer and an array of live entertainment.

**Warmdaddy’s**
1400 S. Columbus Boulevard
215-462-2000
www.warmdaddys.com
Warmdaddy’s celebrates the food, culture, and music that encompass the real southern rhythm & blues experience. Live music every day. See their website for performance schedule. Located along the Delaware River.

**Time Whiskey Bar & Taproom**
1315 Sansom Street
215-985-4800
www.timerestaurant.net
This place seems to have it all. It is a restaurant featuring an American menu and live music every night and a separate whiskey room with TVs for watching sports. Finally, the upstairs room is a “Parisian-style club” with a DJ every Friday and Saturday.

**Ortlieb’s Lounge**
847 N. 3rd Street
267-324-3348
www.ortliebslounge.ticketfly.com
Ortlieb’s is located in the Northern Liberties neighborhood of Philadelphia. They bring you everything from live rock, to indie, funk, and more, presented by some of Philly’s finest talents. See website for performance schedule. Serves
food – sandwiches, burritos, and beers.

Chris' Jazz Cafe
1421 Sansom Street
215-568-3131
www.chrisjazzcafe.com
Philadelphia Magazine’s Best of Philly: Best Jazz Club, Best Wings and Best Casual Venue. Show tickets available online. See website for performance schedule.

World Cafe Live
3025 Walnut Street
215-222-1400
www.philly.worldcafelive.com
Just as the name implies, this place is dedicated to inviting artists, both up-and-coming and unknown to their live stages. Even if you don’t go to see a show here, you will surely find yourself here for a Penn med event sooner or later!

Union Transfer
1026 Spring Garden Street
215-232-2100
www.utphilly.com
An intimate venue to hear live bands. Tickets available online, by phone, or in person. Serves EtOH and a limited menu of snacks.

Brasil's
112 Chestnut Street
215-413-0031
www.brasilsnightclub-philly.com
A salsa club hosting a “multi-level dance community.” Wednesdays feature two-level dance lessons for a $5 cover. Fridays and Saturdays for $10. The club does more than lessons, though – go at any other time to simply enjoy the music and dance.

Tierra Colombiana
4535 N. 5th Street
215-324-0303
tierracolombianarestaurant.com
Tierra Colombiana is home to a diverse menu of Latin American favorites. The jukebox offers today’s Latin hits. The all-day menu is split into Colombian and Cuban selections. The upstairs nightclub is open 8pm-2am, Thursday through Saturday. Caliente!

Bars & Pubs

Philly offers a wide selection of places to get a drink; here are just a few of them.

Dock Street Brewing Co.
701 S. 50th Street (50th and Baltimore)
215-726-2337
www.dockstreetbeer.com
This expansive restaurant adjacent to a working brewery serves a number of different and interesting pizzas. Beer brewed-on-the-premises is featured. Dress is casual.

The Local 44
4333 Spruce Street
215-222-BEER
www.local44beerbar.com
Serves the West Philly area, and lots of grad students, with a nice selection of microbrews on tap, many of which you won’t be able to find elsewhere in the city. There is also a bottle shop next door (215-222-CANS) where you can find some rare purchases.
New Deck Tavern
3408 Sansom Street
215-386-4600
www.newdecktavern.com
Open every day from 11am til 2am. Known for great burgers, cheesesteaks, delicious fresh salads & tasty sandwiches, the menu is promised to please all! Happy hour at the New Deck is the best around. every Wednesday night is a favorite among Penn Med students.

Fergie's Pub
1214 Sansom Street
215-928-8118
www.fergies.com
Quieter alternative to McGillin's, a traditional Irish pub. Muted but eccentric decor, bands play upstairs. Quizzo on Tuesdays and Thursdays!

Irish Pub
1123 Walnut Street and 2007 Walnut Street
215-925-3311, 215-568-5603
www.irishpubphilly.com
Around since the 1980’s, The Irish Pub is a combination Dublin saloon and American neighborhood bar. It’s a great place for gathering with large groups or watching sports. Booths line the walls, which are adorned with sports, theater and political memorabilia. Private dining rooms are available. 11am-2am daily.

McGillin’s Old Ale House
1310 Drury Street
215-735-5562
www.mcgillins.com
Huge, loud, wood-paneled downtown bar, located on a decrepit alley (off 13th St. or Juniper and between Chestnut and Sansom), serving cheap pitchers to hordes of 20-somethings. The oldest continuously operating tavern in Philadelphia (1860!) Upstairs room is quieter. On Wednesday night there is karaoke, which is always a blast.

Monk's Café
264 S. 16th Street
215-545-7005
www.monkscafe.com
Monk's Café prides itself on an astonishing selection of fine beers culled from breweries large and small throughout the world. Selected as one of the “top 100 beer bars in America” by Draft magazine in 2015, Monk’s is a destination for true “beer people.” Also serves great food – get a pot of mussels with your brew for $10!

Grace Tavern
2229 Grays Ferry Avenue
215-893-9580
www.gracetavern.com
Right off of the South Street Bridge, Grace Tavern is conveniently located in the Graduate Hospital area and has a low-key vibe. 7-8 great, and sometimes rare, beers are on tap at this dive-y bar. One of the best burgers in Philadelphia.

Sidecar Bar & Grille
2201 Christian Street
215-732-3429
www.thesidecarbar.com
A great place to hang out, no matter what time of day. Stop in for dinner (their “Clam Chowder” Gnocchi was
featured on Diners, Drive-Ins, and Dives on the Food Network) or come for brunch on the weekends. Go anytime for one of the best beer selections with 12 constantly rotating taps. Great happy hour on the weekdays.

Bob and Barbara's
1509 South Street
215-545-4511
www.bobandbarbaras.com
The club attracts a young college crowd, gay and straight alike. Thursdays feature the city's longest-running drag show. Fridays and Saturdays feature a B-3 organ combo playing “liquor drinking music” for no cover. The rest of the week is rounded out by singer-songwriters, bands and DJs. B&Bs claims to be the originator of the “citywide,” AKA a PBR and a shot of Jim Beam for $3.

Old City
Old City is packed with bars and clubs and heading over there can make for a great night out.

Continental
138 Market Street
215-923-6069
www.continentalmartinibar.com
Tapas-style dining and martini bar. The trendy and hip Continental attracts patrons of a wide range of ages. It used to be a diner; now, giant martini-olive lamps hang over the booths, while Latin and lounge music plays softly. The restaurant’s contemporary cuisine includes outstanding sushi-grade pan-seared tuna and miso-glazed Chilean sea bass. Follow dinner with a martini, including such exotic variations as chocolate and the Hawaii 5-O.

Panorama
14 N. Front Street
215-922-7800
www.panoramaristorante.com
Ristorante Panorama features authentic contemporary Italian cuisine in a dramatic setting of hand painted murals, marble floors & torch lighting. The wine bar offers over 120 wines by the glass & in tasting flights daily & has been awarded Wine Spectator’s "Best of Award of Excellence.

Eulogy Belgian Tavern
136 Chestnut Street
215-413-1918
www.eulogybar.com
Eulogy purports to have Philadelphia’s largest beer selection with over 400 beers. Owned and operated by a family from Bruges, Eulogy offers a “true” Belgian experience. Try the frites.

The Gayborhood
The Washington Square West area (approx. Chestnut to Pine, Juniper to 11th) is the historical center of gay culture in Philadelphia and continues to be home to many gay-friendly establishments.

Bike Stop
206 S. Quince Street
215-627-1662
www.thebikestop.com
The Bike Stop has been serving the Philadelphia gay and lesbian community for over 30 years. With four floors to choose from, they’ve got all of your needs covered.
**Tavern on Camac**
243 S. Camac Street
215-545-0900
[www.tavernoncamac.com](http://www.tavernoncamac.com)
T.O.C. is the perfect night spot for fantastic upbeat music, great conversation and meeting people. T.O.C’s live music and colorful patrons offer a true portrayal of Philadelphia’s diversity and appreciation for music and fun amongst friends. It is one of the oldest gay and lesbian bars in the country. Features a superb restaurant, a lively piano bar and an exciting new dance bar.

**Tabu Lounge and Sports Bar**
200 S. 12th Street
215-964-9675
[www.tabuphilly.com](http://www.tabuphilly.com)
The concept of Tabu was created out of a need to have a true sports bar that caters to the diverse and dynamic crowd that makes up the Gayborhood as part of Washington Square West.

**Voyeur**
1221 Saint James Street
215-735-5772
[www.voyeurnightclub.com](http://www.voyeurnightclub.com)
15,000 square feet of nightlife entertainment spanning 3 floors of dancing, including a VIP mezzanine level that gives sweeping views of Voyeur’s unique light/video installations and the dance floor below.

**Woody’s**
202 S. 13th Street
215-545-1893
[www.woodysbar.com](http://www.woodysbar.com)
Flagship of Philly's Gayborhood, with 3 Bars, a huge dance floor, and grill that serves coffee and light fare. Woody's is the "Cheers" Bar of the LGBT Community, with College Night Wednesdays, Latin Night Thursdays, and always packed Saturday Nights.

**WHERE TO EAT**

**Around Campus**

Following is a list of some of our favorite spots to grab a quick bite during your school day or gather with friends after class.

**Food Trucks**

Spruce Street, Walnut Street by Pottruck Gym, next to Franklin Field at 34th and Spruce...
The food trucks are lunch and on-call faves. Cheap and quick and you can take your Styrofoam to-go box to the Green. **Magic Carpet** on 34th & Walnut has great falafel, **Hemo’s** on 37th & Spruce makes good sandwiches with its special Hemo sauce. The darlings of Spruce Street are **The Real Le Anh** and **The Original Le Anh** which are fierce competitors (we are serious). They’re hard to tell apart, and have good Chinese food. Finally, look for the **Fruit Trucks** every season except winter. Excellent sliced fruit - great for a snack in class.

Visit [roaminghunger.com](http://roaminghunger.com) to find out what’s open and when.
**Cafeterias**

**Abramson Cafeteria**  
Ground floor of Abramson Building  
(next to BRB)  
Great selection, decent prices. Eat healthy or greasy in the glass-enclosed dining area, but come early to beat the crowds at lunchtime.

**CHOP Main Cafeteria**  
CHOP Main Building, Ground Floor  
Recently remodeled and offers a wide selection at great prices.

**HUP Cafeteria**  
The Spruce St. Café  
Founders 2 (second floor of Founders)  
Serves staples like burgers/wings/sandwiches/salads, as well as a rotating menu of entrees. Omelets and other breakfast selections in the mornings. Plenty of pre-packaged options. In short, what you would expect of a hospital cafeteria. There is also an Au Bon Pain connected to it.

**Au Bon Pain (ABP)**  
Ground floor of BRB  
A second location, separate from the aforementioned one adjacent to the HUP cafeteria. This one has outdoor seating and you can picnic on the lovely patch of grass outside.

**Houston Market**  
[www.vpul.upenn.edu/perelmanquadrangle/houston-market](http://www.vpul.upenn.edu/perelmanquadrangle/houston-market)  
Houston Hall, 3417 Spruce Street  
The Houston Market, located on the ground floor of the building, has become a Penn favorite. The food is freshly prepared to order, reasonably priced, and sure to satisfy a wide range of tastes. The service is quick and friendly. The original and now exposed stone walls naturally divide the large seating area into smaller sections. So, while you'll always be able to find a table, you'll never feel lost in the crowd.

**The Nursing School Café**  
School of Nursing Building, First Floor  
Cheaper coffee than ABP and cheap day old baked goods.

**Restaurants**

**Baby Blues BBQ**  
3404 Sansom Street  
215-222-4444  
[www.babybluesphilly.com](http://www.babybluesphilly.com)  
Finally! A late dining option in University City. Ribs done right! Regional BBQ from the best parts of this great nation. Serving Award Winning baby back ribs, Memphis dry rub ribs, Carolina pulled pork and beef brisket.

**Cosi**  
36th and Walnut Streets and throughout the city  
[getcosi.com/locations/upenn-96](http://getcosi.com/locations/upenn-96)  
From the hand-tossed Signature Salad to the Tomato, Basil, and Mozzarella Sandwich served on delicious warm flatbread, to the comfortable, urbane and contemporary atmosphere, Cosi is more than a restaurant, it is a place where people gather to relax and dine.

**Han Dynasty**  
3711 Market Street: 215-222-3711
Absolutely delicious, very authentic, high-quality Szechuan food with classy presentation and great variety. Great for sharing multiple dishes with friends. Everything is rated on a 1-10 scale of spiciness...see if you can brave a 10.

**Lemon Grass Thai**
3626-30 Lancaster Avenue
215-222-8042
www.lemongrassphila.com
Enjoy a wide variety of authentic Thai specialties, take out or dine-in. Delivery available.

**Mad Mex**
3401 Walnut Street (behind the Gap)
215-382-2221
www.madmex.com
Mad Mex is a good place for students on a limited budget to refuel, or for couples or groups of friends who want to eat and unwind in a casual atmosphere. Publicists for the eatery like to emphasize the booze. They brag of drinks that are "stiff and on the large side" and of serving the "newest and finest microbrews from around the country" to help patrons wash down the nachos, enchiladas, burritos and other menu items.

**New Deck Tavern**
3408 Sansom Street
215-386-4600
www.newdecktavern.com
Open every day from 11am till 1am. Known for great burgers, cheese steaks, delicious fresh salads & tasty sandwiches. hour at the New Deck is the best around. New Deck offers a vast array of draft beers from around the world and is located in the heart of University City.

**Sitar India Restaurant**
60 S. 38th Street
215-662-0818
www.sitarindiapa.com
Authentic Indian cuisine! The lunch buffet is fantastic. The buffet items change each day, so often there is a nice surprise.

**White Dog Café**
3420 Sansom Street
215-386-9224
www.whitedog.com
One of Philadelphia's best-loved restaurants. Definitely a parents-taker, and quite worth the trip any time. The atmosphere is excellent - lots of small, ornately decorated rooms. A favorite for weekend brunch. You'll undoubtedly note the political overtones of activist/owner Judy Wicks on the menu, at the bathrooms, and in the speakers' series calendar near the door.

**Allegro’s Pizza and Grill**
3942 Spruce Street
215-382-8158
www.allegropizza.com
Serving University City since 1982! Pizza and steaks are tasty; the lasagna and chicken parm are delicious; portions are huge (great for leftovers); and the delivery service is quick. Plus they have a really nice beer selection that’s reasonably priced.

**Bobby’s Burger Palace**
3925 Walnut Street
215-387-0378  
www.bobbysburgerpalace.com  
Famous chef Bobby Flay’s classic burger joint!

Capogiro  
3925 Walnut Street  
(also: 13th & Sansom, 20th & Sansom, and 233 Chestnut)  
215-222-0252  
www.capogirogelato.com  
For an alternative to the standard ice cream, Capogiro offers a wide selection of gelato and sorbetto flavors. They are also happy to pass out free samples, so why not try something interesting like cilantro or coconut flavored gelato.

Chipotle  
3925 Walnut Street  
(also: 1512 Walnut Street and 1200 Walnut Street)  
www.chipotle.com  
No explanation needed.

City Tap House  
39th & Walnut Streets (2nd floor of Radian Building)  
215-662-0105  
www.citytap.com  
City Tap House boasts a great draft beer lists paired with a menu of Elevated American Pub Fare. Dining room and outdoor seating. Sit by the outdoor fire pits when it’s chilly out. Voted Best Bar to Watch a Game by Philly Bar Scene.

Copabanana  
4000 Spruce Street  
(also 344 South Street)  
215-382-1330  
www.copabanana.com  
Latin-inspired dishes, good burgers, and Spanish fries (covered in jalapenos and onions). They also have a chocolate molten lava cake that is a thing of dreams.

The Greek Lady  
222 S. 40th Street  
215-382-2600  
www.greeklady.com  
Large portions, great prices. In addition to Greek food, it also has an extensive breakfast menu and makes deliveries to the University City area. One last thing: they put fries in their gyros! How cool is that?

Hummus Grill  
3931 Walnut Street  
(also 212 S. 11th Street)  
215-222-5300  
www.hummusrestaurant.com  
The falafels are a favorite for lunch meetings of student groups. The menu also includes many other delicious Middle Eastern eats.

MIZU Sushi  
111 S. 40th Street (also 133 S 20th and 220 Market)  
215-382-1745  
www.mizusushibar.com  
Great sushi as well as other Japanese favorites like Udon and Rice bowls. Affordable prices.

Pattaya Grill  
4006 Chestnut Street  
215-387-8533  
www.pattayarestaurant.com  
The expansive restaurant stretches backward from a colorful bar area to an enclosed sunroom with indoor trees strung with lights. Pattaya fills
up with UPenn students sipping brightly colored spiced iced tea and house cocktails. Authentic Thai dishes; clay pot stews, mix and match curries and noodles, with a nod both to continental (chicken marsala and goat cheese salad) and eclectic (alligator stir-fry).

**Qdoba**
230 S. 40th Street (40th & Locust Street)
(also: 1528 Walnut Street)
www.qdoba.com
For you Qdoba lovers out there, it’s nearby campus and also in Center City. If you’ve never heard of it, think of it as an alternative to Chipotle with more variety, and arguably bigger portions.

**The Restaurant School**
4207 Walnut Street
215-222-4200
www.walnuthillcollege.edu
Gourmet food at affordable prices, the highest being about $21/entrée. Service is excellent. Students prepare and serve food under the supervision of an instructor. Reservations are required, and dress is casual.

**Sweet Green**
3925 Walnut Street
215-386-1365
www.sweetgreen.com
A delicious make-your-own salad place with very high-quality, fresh ingredients. It is a great place for a healthy meal!

**Tandoor India**
106 S. 40th Street (btw Walnut & Chestnut Streets)
215-222-7122
www.tandoorphilly.com
Tandoor India Restaurant designs and delivers fantastic Indian cuisine for dining in or delivery. Delicious menus items are presented with style and consistent quality.

**Thai Singha House**
3906B Chestnut Street
(Chestnut Hall Apt. Building)
215-382-8001
www.thaisinghahouse.com
Thai Singha House serves up both hot and mild dishes, and the menu provides fair warning of what’s hot and what’s not. You’ll probably want to sample everything, including the wide variety of curry sauces. Most entrees are in the $8-$12 range and the ambiance is warm and relaxing.

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**Dining throughout Philly**

Philadelphia offers a wide variety of restaurants and has great options in any price range. For more information, check out philly.com, yelp.com, gophila.com and chowhound.com.

Due to restrictive liquor laws, Philadelphia hosts an amazing number of restaurants that let you Bring Your Own – wine, beer, tequila, whatever your choice is for the night. In general, these restaurants serve great food and can help keep costs down.

gophila.com/byobmap can serve as a starting point for locating some, but they can be found on almost any block throughout the city.
This section is by no means a comprehensive list, but should serve as a good starting point for your four-year exploration of Philadelphia!

**West Philly & University City**

**Abyssinia**
229 S. 45th Street
215-387-2424
A true Ethiopian feast awaits inside - you'll eat with your hands and share a plate with the other folks at the table, having a great time. Dinner entrees range from $8-12. There's also a fun dive bar upstairs that has live music almost every night. Delivery available.

**Dahlak**
4708 Baltimore Avenue
215-726-6464
[www.dahlakrestaurant.com](http://www.dahlakrestaurant.com)
A favorite of Penn students, this authentic Ethiopian features flavorful fun food that's eaten with fingers in a friendly communal style. The service can be slow, so don't go in a rush; the experience is worth it. Definitely have some mango juice while you wait.

**Sang Kee Noodle House**
3549 Chestnut Street (also located in Chinatown)
215-387-8808
[www.sangkeenoodlehouse.com](http://www.sangkeenoodlehouse.com)
The newest addition to the Sang Kee Restaurant Group family, they feature a modern Chinese menu with an authentic taste of Asian cuisine.

**Desi Chaat House**
501 S. 42nd Street
215-386-1999
[www.desichaathousephilly.com](http://www.desichaathousephilly.com)
Specializes in a blend of Pakistani and Indian traditional chaats. Also has Biryani, sweets, wraps, soups, shakes, ice cream and more. Online ordering and delivery available.

**Desi Village**
4527 Baltimore Avenue
215-382-6000
[www.desivillagerestaurant.com](http://www.desivillagerestaurant.com)
Desi Village – Bringing food from the villages of India! Serves many traditional Indian dishes, like chicken tikka masala, naans, and daals. Eat-in, takeout, or delivery.

**Kabobeesh**
4201 Chestnut St.: 215-386-8081
4th & South Sts.: 215-413-0881
[www.kabobeesh.com](http://www.kabobeesh.com)
This Pakistani/Afghani/Indian restaurant located in an old diner just blocks from campus is home to some amazing grilled meats, exotic vegetable dishes, and truly friendly staff.

**Distrito**
3945 Chestnut Street
215-222-1657
[www.distritorestaurant.com](http://www.distritorestaurant.com)
Delicious food, but it can get pricey because the plates are tapas style and tend to run small. You can’t miss the funky decor with pink walls and old school cars.

**Honest Tom’s Taco Shop**
261 S. 44th Street
215-620-1851
This place started as a food truck – when it got so popular it was
difficult to sustain, they opened this brick-and-mortar outpost. Great tacos, great burritos. No nonsense.

**Aksum**
4630 Baltimore Avenue
267-275-8195
[www.aksumcafe.com](http://www.aksumcafe.com)
A great spot for Mediterranean food in University City. The menu has a wide variety of foods with influences from the Middle East and North Africa. Hookah may also be smoked here.

**Manakeesh Cafe & Bakery**
4420 Walnut Street
215-921-2135
[www.manakeeshcafebakery.net](http://www.manakeeshcafebakery.net)
Whether you are seeking a sandwich made in the oven in front of you, a velvety espresso, a bite of baklava, or just the aroma of fresh baked bread, you will be sure to leave with your own little slice of Lebanon.

**Baltimore Crab and Seafood**
4800 Spruce Street
215-472-7040
[www.baltimorecrabtogo.com](http://www.baltimorecrabtogo.com)
Just blocks away from campus featuring fresh seafood with a soul food flavor. Also has salads and hoagies. Delivery and takeout available.

**Doc Magrogan’s Oyster House**
3432 Sansom Street
215-382-3474
[www.docmagrogans.com](http://www.docmagrogans.com)
Dave Magrogan developed this classic 1900’s Oyster House as a way to pay tribute and homage to the great tradition of enjoying oysters, the ocean’s little aphrodisiacs. No expense was spared to create an Oyster House that transforms you back to a simpler time of food, fun & merriment in a local watering hole.

**Lemon Grass Thai**
3626-30 Lancaster Avenue
215-222-8042
[www.lemongrassphila.com](http://www.lemongrassphila.com)
Enjoy a wide variety of authentic Thai specialties, take out or dine-in. Delivery available.

**Vientiane Café**
4728 Baltimore Avenue
215-726-1095
[www.vientiane-cafe.com](http://www.vientiane-cafe.com)
The adorable Vientiane Café is a cozy 25-seat BYOB serving Laotian-Thai food with green walls and homey cabbage-rose tablecloths. They do a great job of serving wonderful food inexpensively.

**Vietnam Café**
816 S. 47th Street: 215-729-0260
221 N. 11th Street: 215-592-1163
[www.eatatvietnam.com](http://www.eatatvietnam.com)
Another BYOB, there are two convenient Vietnam Café locations – West Philly and Chinatown. Vietnam Cafés offers all the flavor of your favorite Vietnamese cuisine with attentive and friendly service. If you have at least four people, order the barbeque appetizer, and ask your waiter to teach you how to make Vietnamese style tortillas. Definitely try a soup, vermicelli, and the grape leaves.

**Kiwi Frozen Yogurt**
3606 Chestnut Street
Choose from 16 flavors of premium, authentic yogurt and over 40 fresh, flavorful toppings to create your own delicious cup of Kiwi!

**Sabrina’s Cafe**
227 N. 34th Street: 215-222-1022
910 Christian Street: 215-574-1599
1804 Callowhill St.: 215-636-9061
www.sabrinascafe.com
The comfort food you crave in the heart of University City, the Italian Market, and the Art Museum Area. Enjoy their famous brunch any time of the night or day. A favorite brunch place for all Philadelphians.

**Center City West**

**Almaz Cafe**
140 S. 20th Street
215-557-0108
www.almazcafe.com
A Center City Ethiopian restaurant with family-style eating. Bring a group of friends and share a couple platters.

**Audrey Claire Restaurant**
276 S. 20th St. (20th & Spruce Sts.)
215-731-1222
www.audreyclaire.com
This is the less-is-more American bistro of a more-is-more neighborhood. The menu changes frequently and uses ingredients that reflect the season. Get close to the kitchen to see the staff in action. BYOB.

**Bistro St. Tropez**
2400 Market Street, 4th Floor
215-569-9269
www.bistrosttropez.com
Bistro St. Tropez offers the illusion of Provence atop the Marketplace Design Center in Philadelphia. Chef/Owner Patrice Rames signatures simple, classic cuisine prepared with fresh seasonal ingredients and presented with style.

**Bistro La Baia**
1700 Lombard Street
215-546-0496
www.bistrolabaia.com
This Italian BYOB is popular among the undergraduate crowd. The staff is pretty rude, but the food is OK.

**Marathon Grill**
215-561-0500
www.eatmarathon.com
More upscale version of your local diner. Burgers, sandwiches and salads with an interesting twist. Nothing too adventurous, but good for when you’re going out with some of your pickier friends. The brunch is also really good.

**Village Whiskey**
118 S. 20th Street
215-665-1088
www.villagewhiskey.com
One of Iron Chef Jose Garces’ many restaurants in town. A small restaurant, but it is often recognized for having some of the best burgers in the city. Boasts a selection of over 200 whiskeys.

**Melograno**
2012 Sansom Street
215-875-8116
www.melogranorestaurant.com
This BYOB has simple elegance with its lime-colored dining room and hardwood floors. In addition to the regular menu, features a prefix menu and a $35 Sunday dinner menu.

**Porcini**  
2048 Sansom Street  
215-751-1175  
[www.porcinirestaurant.com](http://www.porcinirestaurant.com)  
White tablecloths, off-white walls with original art and subtle opera fills the space. The hospitable owner spends most of his time patrolling the dining room and kissing regular customers on their way in and out. The chef occasionally peeks his head out of the closet-size kitchen to see who the owner is schmoozing.

**Tria Café**  
123 S. 18th Street, 1137 Spruce St,  
2005 Walnut St (taproom)  
[www.triaphilly.com](http://www.triaphilly.com)  
A wine bar with a complementary menu of upscale Italian dishes. 12th and Spruce location very trendy, with some outdoor seating. Great place to enjoy a drink before a show on Walnut Street. The taproom is gaining popularity among Penn med students.

**Shiroi Hana Restaurant**  
222 S. 15th Street  
215-735-4444  
[www.shiroirhana.com](http://www.shiroirhana.com)  
Shiroi Hana attracts many locally employed business people who seek out its extensive menu of authentic Japanese seafood, meat, and a few vegetarian dishes, both at lunch and dinner. Decor is typically Japanese. Expect to pay between $12 and $20 per person.

**Vic Sushi**  
2035 Sansom Street  
215-564-4339  
[www.vic-sushi.com](http://www.vic-sushi.com)  
This hole-in-the-wall is a fantastic BYO to visit with a couple of friends. Beware, though, that the number of seats can be counted on your fingers, and there is frequently a wait at this cramped establishment. The food is worth it. Arguably the best take-out sushi in the city.

**El Rey**  
2013 Chestnut Street  
215-563-3330  
[www.elreyrestaurant.com](http://www.elreyrestaurant.com)  
Great Mexican food (you've got to try the nachos). Plus, they have a happy hour every weekday with discounted prices on margaritas and $1 tacos.

**(Los Catrines) Tequila’s**  
1602 Locust Street  
215-546-0181  
[www.tequilasphilly.com](http://www.tequilasphilly.com)  
An upscale restaurant with great Mexican food and ambiance. Wide-open space.

**Luke’s Lobster**  
130 S. 17th Street  
215-564-1415  
[www.lukeslobster.com](http://www.lukeslobster.com)  
Luke’s, which has spots in New York, DC, and Maryland, bills itself as the East Coast’s most affordable lobster roll, "straight from the docks of Maine." Also serves delicious shrimp
rolls and New England clam chowder.

Oyster House
1516 Sansom Street
215-567-7683
www.oysterhousephilly.com
Established in 1976, Oyster House is a seafood restaurant and raw bar, serving Philadelphia’s freshest fish and shellfish. The restaurant is designed around a central marble raw bar where they serve the city’s most extensive selection of oysters on the half shell. The ever-changing list is focused on local varieties from the mid-Atlantic up to New England and Canada.

Erawan
123 S. 23rd Street
215-567-2542
www.erawanphilly.com
Erawan serves up delicious Thai food and is located just across the bridge. A favorite of Penn students.

My Thai
2200 South Street
215-985-1878
My Thai’s inauspicious surroundings belie the intimate atmosphere of what has consistently been one of the city’s best Thai restaurants. The place attracts a mix of Penn grad students and neighborhood couples, and with its exposed brick walls, tapestries and candles on the tables, the romantic vibe only gets hotter with some of the restaurant’s famous curry dishes.

Thai Singha House To Go
106 S. 20th Street
215-568-2390
www.thaisinghahouse.com
Delicious Thai food that you will probably get at many school events. Limited dine-in space, but great for take-out.

Smile Café
105 S. 22nd Street
215-564-2502
www.thai-smilecafe.com
Located beneath an art gallery, the friendly staff serves up delicious Thai meals. In addition to having arguably some of the best Thai food in Philadelphia, the establishment is filled with art created by one of the proprietors.

Max Brenner
1500 Walnut Street
215-344-8150
www.maxbrenner.com
It is a chocolate restaurant. They serve dinner, but this place is understandably best known for its desserts. If you go to dinner there or somewhere nearby, be sure to save room for chocolatey goodness.

Yogorino Frozen Yogurt
233 S. 20th Street
267-639-5287
www.yogorino.com
Frozen yogurt, ice cream, café latte and chocolate.

Day By Day
2101 Sansom Street
215-564-5540
www.daybydayinc.com
With dishes like Potato Pancakes Benedict and Baked Apple Pancakes, no wonder the weekend brunch has become so popular. The later you go, the higher the chance
you’ll have to wait. They serve specialties like Huevos Rancheros every Saturday and Sunday between 10am and 3pm. They also cater events!

Center City East

Last Drop Coffeehouse
1300 Pine Street
215-893-9262
A favorite of artists, writers and students since it opened in 1992, the Last Drop proudly holds its own as an independent coffeehouse against the chain competitors that have started creeping into the neighborhood. It’s not hard to see why: Rotating works by local artists line the walls; home-baked goodies and all kinds of coffee drinks beckon from behind the counter; great music is always playing. Last Drop also stays open late and maintains a basement space that’s used for meetings of local arts and activist groups, as well as for occasional performances.

More Than Just Ice Cream
1119 Locust Street
215-574-0586
www.morethanjusticecream.com
A café/restaurant with a home-made ice cream parlor. Mountain-sized apple pie slices are a real treat. Known for its tasty, yet affordable burgers as well as healthy chicken salads.

Reading Terminal Market
51 N. 12th Street (Arch Street)
215-922-2317
www.readingterminalmarket.org
If you like food, you’ll love this place. Eighty merchants under one roof, with lunch dishes of every imaginable variety. There are tables set up in the center to re-group and eat. Lots of variety (Pennsylvania Dutch breakfasts, Southern soul food, and American down-home cooking) and everything is super-fresh. On any day except Sunday, you’ll also catch Amish vendors.

Caribou Café
1126 Walnut Street
215-625-9535
www.cariboucafe.com
Highly recommended and very popular with Center City professionals, the Caribou balances medium-priced French bistro fare with a fine selection of beer, wine and music. Noted for its food, the Caribou offers a mixture of appetizers, salads and entrees. Portions are generous but with an emphasis on deliciously prepared veggies, so you never walk away feeling overstuffed. Most entrees come in under $20, and are well worth it.

Effie’s
1127 Pine Street
215-592-8333
www.effiesrestaurant.com
A favorite for relatively inexpensive, delicious food, Effie’s delivers fresh, home style flavor consistently. Save room for the baklava. Be prepared to wait for a table during prime hours. BYOB.

Mercato
1216 Spruce Street
215-985-2962
www.mercatobyob.com
Mercato infuses slow cooking traditions of Old World Italy with an experimental style and bold take on new Italian American cuisine, placing primary importance on using ingredients that are at their peak that day.

Fat Salmon
719 Walnut Street
215-928-8881
www.fatsalmonsushi.com
Fat Salmon serves a large selection of fusion sushi rolls as well as traditional sushi in a contemporary ambience. Sushi is phenomenal and the lunch special is a great deal.

El Azteca
714 Chestnut Street
215-733-0895
www.aztecasrestaurants.com
Your classic cheap, hearty portions of authentic Mexican. A good place for a rowdy group. Great happy hour M-F and a $7.99 prix fixe lunch menu.

El Vez
121 S. 13th Street
215-928-9800
www.elvezrestaurant.com
Inspired Mexican fare and flowing cocktails bring to life the authenticity of Tijuana, with a hot and flashy Vegas twist.

Lolita
106 S. 13th Street
215-546-7100
www.lolitaphilly.com
Look here for a more upscale version of the traditional Mexican fare. Lolita is one of a handful of restaurants on 13th street owned by the same people – others include Barbuzzo and Jamonera – all of them are great.

Mixto
1141 Pine Street
215-592-0363
www.mixtorestaurante.com
Mixto serves up a fusion of South American and Caribbean food in a beautiful building of natural wood and exposed brick right in the heart of downtown and offers outdoor dining with a South Beach Miami ambience during the spring, summer & fall when the weather permits.

Barbuzzo
110 S. 13th Street
215-546-9300
www.barbuzzo.com
Delicious tapa-style Mediterranean fare in a very cool atmosphere. Definitely worth trying, but get there early, as the restaurant is small. Better yet, make reservations. Walk-ins can be seated at the bar or chef’s counter on a first-come, first-served basis.

Sahara Grill
1334 Walnut Street
215-985-4155
A relatively new restaurant, they serve good Middle Eastern food at a good price (main entrees run $8-15), and cater to both vegetarians and non-vegetarians. The Arabic bread, which is homemade, is particularly good. Reservations are recommended on the weekends.

Green Eggs Cafe
1301 Locust St.: 267-861-0314
1306 Dickinson St.: 215-226-EGGS  
719 N. 2nd St.: 215-922-EGGS  
greeneggscafe.com  
Come enjoy the brunch style restaurant/cafe that takes pride in serving the highest quality fare while maintaining an eco-conscious philosophy. The famous Red Velvet Pancakes are one of their many signature dishes.

Further North

Rose Tattoo Cafe  
1847 Callowhill Street  
215-569-8939  
rosetattoocafe.com  
Originally a New-Orleans-inspired establishment, the Rose Tattoo has retained the look of the French Quarter with copious wrought iron railings, lush plants, strands of white lights and deep-hued carpets and walls. There are plenty of appetizers, but save room for the delectable entrees.

Tiffin  
710 W. Girard Avenue  
215-922-1297  
www.tiffin.com  
This is some of the best casual Indian food out there. food is made with high quality ingredients and it’s perfectly spiced.

Chinatown

The section of Center City between 8th and 12th and Arch and Vine constitutes Philadelphia’s Chinatown. Asian restaurants abound, so exploring can be fun. They are many affordable options. Here are a few favorites:

Banana Leaf  
1009 Arch Street  
215-592-8288  
www.bananaleafphilly.com  
Great Malaysian restaurant. Also offers a Japanese menu for dinner every day except Wednesday. BYOB.

Nan Zhou Hand Drawn Noodle House  
1022 Race Street  
215-923-1550  
nanzhounoodlehouse.com  
Great noodle house! The noodles are perfect and unique. It really doesn't get more authentic than this in terms of hand-drawn/hand-shaved noodle soups. A bowl here is cheap, filled to the brim, and absolutely delicious. Great place to go with a group of friends.

Penang  
117 N. 10th Street  
215-413-2531  
This trendy restaurant did so well in a couple of Manhattan locations that the owners opened new branches in Philly and D.C. It serves Malaysian food, a blend of Indian, Thai, and Chinese styles. Food is good, and the prices are excellent. Ask your waiter for help ordering; expect lines out the door on weekends.

Pho Xe Lua Viet Thai  
907 Race Street  
215-627-8883  
phillychinatown.com/vietthai.htm  
Viet Thai is an excellent dining experience with a quaint atmosphere and an extensive menu. The rice paper/bamboo summer roll is a favorite.
QT Vietnamese Sandwich Shop
48 N. 10th Street
267-639-4520
www.qtvietnamesesandwich.com
Great banh mi! Authentic, fresh, tasty, and cheap! Also serves noodle and rice dishes in a cozy and brightly decorated dining room.

Grad Hospital & South of South

Jamaican Jerk Hut
1436 South Street
215-545-8644
Featured in Guy Fieri’s Diners, Drive-Ins and Dives! If you are looking for Island classics, this is the place for you. Dishes include jerk shrimp, conch salad, and roasted red snapper. Specialty drinks include sorrel and Irish moss. Live jazz and reggae on the weekends. Outdoor picnic tables for when the weather is nice. BYOB.

Nam Phuong Restaurant
1101-1120 Washington Avenue
215-468-0410
namphuongphilly.com
Located in South Philadelphia, Nam Phuong is famous for Vietnamese delicacies and authentic cuisine. The menu includes classics like pho as well as a seemingly endless list of more exotic dishes that you are less likely to have heard of.

Pho 75
1122 Washington Avenue
215-271-5866
Great pho with a very delicious broth, and tons of side stuff to put in (thai basil, beansprouts, limes etc). The coffee with condensed milk is excellent - strong and sweet.

Pho & Cafe Viet Huong
1110 Washington Avenue
215-336-5030
Traditional Vietnamese fare. Try the banh mi and try the summer rolls, banh uot (rice noodle sheets with minced pork, bean sprouts, and cucumbers).

Pho Ha
610 Washington Avenue
215-599-0264
This is a staple eatery for many of the Vietnamese locals and arguably serves the best pho in Philadelphia. A no-nonsense place where you’ll be seated within 4 seconds of walking in the door and you’ll receive food within 3 minutes of ordering, you can’t get much better bang for your buck.

Vietnam Palace
222 N. 11th Street
215-592-9596
vietnampalace.net
At Vietnam Palace, the cuisine is simply not limited to traditional Vietnamese menu. The menu includes many other Southeast Asian flavors. The most popular dishes include the Pad Thai, chicken, beef and seafood curry and the Phnom Penh style soup.

Le Viet Restaurant
1019 S. 11th Street
215-463-1570
levietrestaurant.com
Philadelphia Magazine named Le Viet “Best Vietnamese Restaurant” of 2013. A great place to go if you’re

Service is fast and the place is cheap!
looking for a more “upscale” version.

**Igloo Frozen Yogurt**  
23rd and South Streets  
267-858-4290  
[www.igloodesserts.com](http://www.igloodesserts.com)  
Guilt-free organic frozen yogurt. They also have ice cream, gelato, sorbet, and water ice.

**Honey’s Sit ‘N Eat**  
2101 South Street: 215-732-5130  
800 N. 4th Street: 215-925-1150  
[honeyssitneat.com](http://honeyssitneat.com)  
Home cooking, locally grown, farm fresh specials. Serving breakfast, lunch and dinner, they are committed to using only the finest ingredients. A favorite spot for weekend brunch, this place is also great for a casual dinner (it’s a BYOB). Not that you have a bunch of free weekday mornings, but the “bargain breakfast” can’t be beat.

**Federal Donuts**  
3428 Sansom Street: 267-275-8489  
1632 Sansom Street: 215-665-1101  
1219 S. 2nd Street: 267-687-8258  
[www.federaldonuts.com](http://www.federaldonuts.com)  
Their menu only has three things: donuts, coffee, and fried chicken. With donut flavors as unique as milk chocolate-peanut butter and banana cream pie, it’s worth checking out. Just make sure you get there before lunchtime, when they typically sell out.

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**Italian Market**  
[italianmarketphilly.org](http://italianmarketphilly.org),  
[phillyitalianmarket.com](http://phillyitalianmarket.com)  
South Philly (especially the region south of South and between 8th and Broad) is "Little Sicily", Philly's historically Italian section. It remains the place to go for Italian groceries, the old-world style outdoor "Italian Market" on 9th Street, and authentic restaurants. South Philly is no yuppie tourist mecca, rather it's the real thing for the people who live there. There are loads of neighborhood restaurants, some without signs. The streets are generally safe at night; hearsay has it that this is because they are controlled by the mob. In recent years, the Italian Market has also become the center of the Mexican community in Philadelphia. Restaurants abound in the area, and they offer authentic food at a great price. Here are a few starters in this region:

**Mr. Martino’s Trattoria**  
1646 E. Passyunk Avenue  
215-755-0663  
One of those well-kept dining secrets that regional foodies know and appreciate is a local establishment that's still going strong thanks to the loving consistency of its two-person, husband-and-wife staff. The BYOB, cash-only restaurant resides in a storefront in deep South Philly and comfortably seats about 40. It's a cozy place with a dark wood bar and stairs, rustic and romantic at the same time: You won't find an ounce of pretension in the place. As such, they like to keep the Italian menu simple.

**Paesano’s**  
1017 S. 9th Street : 215-440-0371  
152 W. Girard Ave.: 267-886-9556
paesanosphillystyle.com
Sandwiches with Italian inspiration – as seen on Throwdown with Bobby Flay and The Layover with Anthony Bourdain. Try the Arista for one of the best roast pork sandwiches in Philly, the Bolognese (a fried piece of lasagna on a sandwich) for some indulgence, or the Liveracce (deep fried chicken livers and salami) for some adventure.

Taqueria La Veracruzana
908 Washington Avenue
215-465-1440
Great, authentic Mexican food at an extremely affordable price. The famous al pastor tacos (roasted pork with pineapple) are worth the trip. BYOB.

Victor Café
1303 Dickinson Street
215-468-3040
victorcafe.com
The Opera-lover's dream. For several generations this place has been famous for its virtuoso waitstaff. Most of these folks are members of the Philadelphia Opera Company, and every 15 minutes or so one of them puts down their tray to sing an aria. Amazing! The walls are adorned with decades of opera star photos and memorabilia. The food is worth it, but come especially for the entertainment.

Old City

Fork
306 Market Street
215-625-9425
forkrestaurant.com
Open 7 days a week in Philadelphia's Old City, Fork is a nationally acclaimed New American bistro offering delicious food that is seasonal, fresh and inventive. The menu is printed daily and reflects international influences from around the world. Sophisticated without being stuffy. Reservations are highly recommended for both lunch and dinner and for large parties.

Cuba Libre
10 S. 2nd Street
215-627-0666
www.cubalibrerestaurant.com
Started in Old City in 2000 and now a multi-city group of restaurants, Cuba Libre strives to provide amazing Criollo (home-style) food demonstrative of Cuban traditions. “Late-night Latin entertainment” Fridays and Saturdays 11pm-2am.

Lovash Restaurant
236 South Street
215-925-3881
www.lovashrestaurant.com
Great food and great service! This location is a bit of a trek from campus, but they also have a food truck located at 37th and Spruce.

Zahav
237 St. James Place
215-625-8800
zahavrestaurant.com
Featuring a wonderful “upscale” Israeli menu, this could easily be one of the places you take your parents or a place to visit with a group of friends. A great combination of traditional and innovative, Zahav was selected as
the #1 restaurant in the city by Philadelphia Magazine in 2009.

Cedar's Restaurant
616 S. 2nd Street
215-925-4950
cedarsrestaurant.com
One of several great restaurants in the downtown South St. area, it serves delicious Middle Eastern food complete with tasty desserts. Relatively small, intimate setting makes it an ideal place for a romantic date. The staff is friendly and fast, and the food is not too pricey. Recently became a BYOB.

Marrakesh
517 S. Leithgow Street
(South Street between 4th & 5th)
215-925-5929
marrakesheastcoast.com
An exotic dining experience that transcends mere dining and brings you into another world where you are greeted by smiling faces in Moroccan garb, taking you out of your daily routine for several wonderful hours. Course after course of Moroccan cuisine served against the backdrop of Middle Eastern music. Entertainment is provided nightly in the lovely form of a talented professional belly dancer. Great place to go with a group of friends.

Catahoula
775 S. Front Street
215-271-9300
catahoulaphilly.com
A casual bar and restaurant, Catahoula serves a range of bar food and New Orleans classics. Amply equipped with televisions, it is also a great place to watch a game. Stop in for a beer or a meal.

Dmitri’s
795 S. 3rd Street: 215-625-0556
944 N. 2nd Street: 215-592-4550
Some claim it’s the best seafood in the city. Fan favorites are the grilled octopus, grilled veggies, spanakopita, and the baba ghanoush. Consistently fresh, Mediterranean-styled seafood, not over-priced. Very trendy and very good.

The Franklin Fountain
116 Market Street
215-627-1899
www.franklinfountain.com
An old-time ice cream shop, where the staff is decked out in early 1900s attire and offers a variety of rich flavors, as well as monstrous sundaes and sodas in 25 flavors.

WHERE TO BUY GROCERIES

Grocery Stores

Trader Joe’s
2121 Market Street
215-569-9282
traderjoes.com
The TJs you know and love with decent prices and always some new item to try. Don’t expect to find many ingredients outside of the VERY basics (think chicken breasts and broccoli), but they have a seemingly endless supply of ready-made frozen stuff. Pretty good deal all around.

Fresh Grocer
4001 Walnut Street
Sometimes described as “overpriced for what it is”, it’s still a solid grocery store with good selection for those living in West Philly near campus.

**South Square Market**  
2221 South Street  
215-545-4349  
Definitely overpriced, but it’s a good option if you live in the area and are in a bind for that one ingredient you forgot elsewhere...

**Whole Foods**  
929 South Street: 215-733-9788  
2001 Pennsylvania Avenue: 215-557-0015  
[www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)  
Good for those special ingredients you just can’t live without, but don’t forget there is a reason its nickname is “Whole Paycheck.”

**Rittenhouse Market**  
1733 Spruce Street  
215-985-5930  
[www.rittenhousemarkets.com](http://www.rittenhousemarkets.com)  
Another pricey option, but convenient for people who live in the area.

**Dollar General**  
801 N. 48th Street  
215-240-7288  
[www.dollargeneral.com](http://www.dollargeneral.com)  
Crazy cheap, but very limited selection. Good if you want to get the basics super cheap and maybe pick up some cleaning supplies and picture frames at the same time. Dollar General has it all!

**Old Nelson’s**  
2000 Chestnut Street  
215-496-9777  
(several other locations in the city)  
[oldnelsonfood.com](http://oldnelsonfood.com)  
More of a deli than a grocery store, but a good place to get sandwiches and deli meats alike.

**Sue’s Produce Market**  
114 S. 18th Street  
This is a great “hidden gem” for produce near Rittenhouse! Prices are more reasonable than other places in the area, and if you choose carefully, you can get some fresh and interesting produce.

**Quetta Halal Market**  
500 S. 23rd Street  
215-735-8185  
[www.quettahalalmeats.com](http://www.quettahalalmeats.com)  
Some claim this place has the finest meats in Philadelphia! Reasonable prices. Closed on Mondays.

**Iovine Brothers**  
1136 Arch Street  
215-928-4366  
[iovine.com](http://iovine.com)  
Iovine Brothers Produce is conveniently located inside Reading Terminal Market. They are very reasonably priced (usually better than most grocery stores), and very high quality.

**Farmers’ Markets**

Whether you are a diehard when it comes to “buying local” or you just get weak in the knees when you see a homemade Pennsylvania Dutch Whoopie pie, these Farmers’ Markets have something for everyone!
Clark Park Farmers’ Market
43rd Street and Baltimore Avenue
thefoodtrust.org/farmers-markets
Saturday, 10am-2pm (year round)
Thursday, 3pm-7pm (May-Nov)
Clark Park is home to one of the largest and most well-populated farmers’ market in Philadelphia, and boasts over a dozen vendors manning tables piled high with organic fruits, heirloom vegetables, milk, eggs, cheeses, meats and more.

Fitler Square Farmers’ Market
23rd and Pine Streets
fitlersquare.org/farmers.html
Saturday 9 am–2 pm, open all year
Relatively small and expensive, but it’s a good location and you can enjoy a loaf of homemade bread from an Amish baker.

Headhouse Farmers’ Market
2nd and Lombard Streets
thefoodtrust.org/farmers-markets
Features more than 40 vendors. Check website for hours of availability.

Italian Market
italianmarketphilly.org,
phillyitalianmarket.com
9th Street and Washington Avenue
Not exactly a typical farmers’ market, but they have many produce vendors who sell fruit and veggies for CHEAP! It can be a real gamble for freshness, but if you’re willing to pick through the nearly rotten stuff, you can usually find something decent for very, very cheap.

Rittenhouse Farmers’ Market
18th and Walnut Streets
Saturdays 10am-2pm year-round
Bigger selection than Fitler Square, but still pretty pricey. High quality foods

CULTURAL ARTS

Festivals & Parades

Go to visitphilly.com for more!

Caribbean Festival
Penn’s Landing, Old City (August)
phillycaribbeanfestival.com
The Caribbean Festival seeks to expose the greater Delaware Valley area to the beauty and culture of the islands. It creates an awareness of the contributions Caribbean peoples have made to not only the local Philadelphia community, but also the country and the world. This is a family-friendly event with, as you might expect, great food and music.

Made in America Music Festival
Benjamin Franklin Parkway
(September)
www.madeinamericafest.com
The Budweiser Made in America Festival takes over the Benjamin Franklin Parkway each Labor Day weekend. With nearly 30 acts performing across three stages on the Benjamin Franklin Parkway, the two-day music festival is one of the City’s can’t-miss music events.

Mexican Independence Day Festival
Penn’s Landing, Old City
(September)
With live music, Aztec, folkloric and other dance, and great Mexican food and drink, this event rings in the Independence Day for Philly’s Mexican Community.

**The Philadelphia Live Arts and Fringe Festival**  
140 N. Columbus Boulevard  
(September)  
fringearts.com  
The Live Arts and Fringe Festival descends upon Philadelphia to provide two weeks of dozens of shows. It is a celebration of theater, dance, performance art, music, poetry, puppetry and visual arts. Several experimental theater productions are performed at a number of locations. The shows can be thought-provoking, challenging and even down-right bizarre. Prices range from free to quite expensive, but there is really something for everyone. Check it out.

**Oktoberfest**  
Throughout Philly (September-October)  
Be it pop-up beer gardens, kraft brew festivals, pretzel vendors or countless other celebrations of German culture and beer, Oktoberfest provides a seemingly endless supply of social events from the start of September to Halloween in any neighborhood of the city.

**OutFest**  
13th and Walnut Streets (October)  
www.phillygaypride.org  
Be sure to check out the National Coming Out Day block party. This festival brings a medley of food trucks, street dancing, drink specials, vendors and live performers to the Gayborhood’s vibrant streets.

**Linvilla Orchards**  
137 W. Knowlton Road, Media PA  
linvilla.com  
Technically not within Philly but get a car share and go! A 300-acre family farm, Linvilla Orchards is great year-round for picking your own fruit and fresh vegetables. But it’s most exciting in the fall when it transforms into Pumpkinland. Massive scarecrows and fall figures mark the beginning of the harvest season as over 100 tons of pumpkins sprout up in piles around the landscape. The celebration continues through September and October with live music and entertainment, corn and straw mazes, train rides, petting zoos, pony rides, face painting and more. The apple picking and scenic hayrides are not to be missed! Plus, their hot-n-fresh Apple Cider Donuts topped with cinnamon sugar are LEGEN...wait for it...DARY!

**New Year’s Day Mummers Parade**  
Up and Down Broad Street (New Year’s Day)  
mummers.com  
See a little bit of local culture as Philadelphia’s Mummers come out in their bands and brigades to dazzle and entertain with music and comedy as they’ve been doing for over 100 years. What is a Mummer? A Mummer is a costumed entertainer – and their costumes can be extremely interesting – who rings in the New Year.
The Night Market
Locations across the city (May-October)
thefoodtrust.org/night-market
Night Market Philadelphia is the city’s premier street food festival, a roving food event spotlighting Philly’s best ethnic and regional restaurants and food trucks. Inspired by Asia’s lively outdoor markets, the events celebrate up-and-coming neighborhoods and showcase Philadelphia’s diverse food and drinks and vibrant arts and culture scene. It rotates to different areas around the city, including South Street, Fairmount Ave, and Chinatown. It is a great way to enjoy some great food with friends, but get there early to avoid long lines!

Odunde
23rd and South Streets, Grad Hospital (June)
odundefestival.org
The annual Odunde Street Festival, held every second Sunday in June, brings a genuine taste of Africa to South Street and one of Philadelphia’s oldest, historically African-American neighborhoods.

The Roots Picnic
Penn’s Landing (June)
rootspicnic.com
Before there was Made in America, there was the Roots Picnic. This Philadelphia staple features acts from multiple genres, handpicked by The Roots themselves.

Philly Beer Week
Locations across the city (June)
phillybeerweek.org
Philly Beer Week invites beer lovers to try special dinners and tastings, go on tours of Philadelphia’s best pubs and breweries, watch home-brewing technique demos, catch a cask ale festival and more. This year, the week includes five major festivals and more than 600 events. The events provide great opportunities to sample local brews like Yards, Victory, Triumph and Sly Fox while experiencing Philly’s great neighborhood.

The Baltimore Avenue Dollar Stroll
Baltimore Avenue between 42nd and 50th Streets (June-September)
www.universitycity.org
The Dollar Stroll is an annual summer series that sees dozens of West Philly businesses setting up shop on the sidewalk and offering their wares for just $1! The cheap thrills are accompanied by live music and street performances. Come hungry because there are lots of delicious treats to try, and a few bucks goes a long way!

Wawa Welcome America! Festival
Week before and after Independence Day (June-July)
www.welcomeamerica.com
Philadelphia, the city where America’s independence was born, is the best place to celebrate Independence Day. There are many great events leading up to the 4th, including the Taste of Philadelphia, Independence Day Parade, and the Wawa Hoagie Day (free hoagies!). It all culminates in the 4th of July Jam and Grand Finale Fireworks, including some big music names and
an awesome fireworks display behind the art museum.

**Bastille Day Festival**
Eastern State Penitentiary, 2124 Fairmount Avenue (July)
[www.easternstate.org/bastille-day](http://www.easternstate.org/bastille-day)
The annual event attracts thousands of visitors each year into the massive shadow of the penitentiary’s main wall to commemorate the storming of the Bastille by French revolutionaries. A reenactment of the French Revolution takes place, and when Marie Antoinette shouts, “Let them eat Tastykake!” 2000 Tastykakes are flung from the walls of the old prison.

**Screenings Under the Stars**
Penn’s Landing
[www.delawareriverwaterfront.com](http://www.delawareriverwaterfront.com)
A free movie series at Penn’s Landing in July and August.

**The Awesome Fest**
[theawesomefest.com](http://theawesomefest.com)
Cutting edge and just plain awesome titles from the independent festival circuit and Hollywood’s finest. All outdoor screenings and concerts are completely free to attend. Awesome Fest is known for its summer festival but sponsors “awesome things with awesome movies” throughout the year.

**Museums, Galleries, and Theaters**
Philadelphia has something of interest for everyone – from The Arden Theatre to the Zoo.

**First Fridays**
2nd/3rd Streets, around Market Street
[www.oldcityarts.org/start.html](http://www.oldcityarts.org/start.html)
Philadelphia’s largest concentration of art galleries is located on 2nd and 3rd Streets just north and south of Market. Considered as a group these galleries cover a lot of styles, and their holdings usually change once a month. To make a night of it, these galleries collectively throw an open house called First Friday, the first Friday evening of each month, rain or shine, year-round. The streets fill with art lovers of all kinds who wander among the neighborhood’s 40-plus galleries, most of them open from 5 until 9 p.m.

**The Arden Theatre**
40 N. 2nd Street
215-922-8900
[ardentheatre.org](http://ardentheatre.org)
Intimate, modern Old City theatre which features world-premieres as well as classics such as Into the Woods. Modest student discounts.

**Yards Brewery Tour**
901 N. Delaware Avenue
215-634-2600
[yardsbrewing.com](http://yardsbrewing.com)
Yards is a cool craft brewery in Northern Liberties that has some great beers, including ones based on original recipes of the Founding Fathers (try the George Washington Tavern Porter). On Saturdays and Sundays between noon and 4pm, they have free brewery tours with lots of free samples! After the tour,
hang out in the Tasting Room for more good drinks and foods.

**Taller Puertorriqueño Inc.**
2721 N. 5th Street
215-426-3311
tallerpr.org
The Taller Puertorriqueno, Inc. is the only Hispanic cultural center in the city of Philadelphia. It has books, music, literature and handicrafts. The second floor contains a gallery of art exhibits of local Hispanic and Puerto Rican artists. There are times when they are closed for special exhibits – call the Taller for more information.

**The Painted Bride Art Center**
230 Vine Street
215-925-9914
paintedbride.org
Tiny and funky, with theatre, dance, jazz, poetry, and performance art, this avant-garde establishment caters to a socially-conscious young crowd with periodically off-the-wall performances. The prices are cheap, and the love is thick.

**Center City**

**The African-American Museum in Philadelphia**
701 Arch Street
215-574-0380
www.aampmuseum.org
Founded in 1976, this museum is the first African-American museum to be officially endorsed by the Mayor and City Council of a major city in the US. This museum features exhibits that deal with the history and heritage of African-Americans.

**Fabric Workshop & Museum**
1214 Arch Street
215-561-8888
fabricworkshopandmuseum.org
The Fabric Workshop and Museum (FWM) is the only non-profit arts organization in the United States devoted to creating new work in new materials and new media in collaboration with emerging, nationally, and internationally recognized artists.

**Philadelphia Museum of Art**
26th and Ben Franklin Parkway
215-763-8100
philamuseum.org
You’ve seen this museum before, even if you’ve never been to Philadelphia...Sylvester Stallone getting ready for the fight of his life...yes, the steps in front of the museum was the backdrop for that inspirational Rocky scene. Besides that, this museum is the largest in Philadelphia, our version of the Met or the Louvre! A very nice collection of just about every type of art with impressive special exhibitions.

**Schuylkill Banks**
Walnut Street Bridge
www.schuylkillbanks.org
Grab your bike, running shoes, or fishing pole to participate in a wide variety of riverside activities. You can run, walk, bike or skate along the trail, which connects to Kelly Drive and the rest of the Schuylkill River Trail. Lawn areas and benches along the trail are the perfect spot for a relaxing picnic, urban fishing and creating plein-air artwork. Schuylkill River Development Corporation and partners also put on a variety of organized events
throughout the year, including boat tours, kayak tours, and free movie nights.

**Rodin Museum**
22nd and Ben Franklin Parkway
215-763-8100
[www.rodinmuseum.org](http://www.rodinmuseum.org)
With over 140 bronzes (including the ubiquitous "Thinker"), marbles, and plasters, the distinguished collection housed in the Rodin Museum represents every phase of Auguste Rodin's career. Located on the Parkway—which was intended to evoke the Avenue des Champs-Élysées in Paris—the elegant Beaux-Arts–style building and garden offer an absorbing indoor and outdoor experience.

**Franklin Institute**
20th and Ben Franklin Parkway
215-448-1200
[www.fi.edu](http://www.fi.edu)
Besides housing a host of dedicated research scientists, the Franklin Institute also features a planetarium, IMAX theatre, and engaging science exhibits, many of them hands-on. If you like dinosaurs, birds, stars, nature, technology, and more, you’re in for a treat. If you decide to go to the IMAX movie, go early if you’re with a group, and late if you’re alone and want a free ticket.

**The Mütter Museum**
19 S. 22nd Street
215-560-8564
[muttermuseum.org](http://muttermuseum.org)
When you wake up in the morning just longing to see a REALLY big colon...check out the Mütter Museum located within the College of Physicians. For those fascinated with grossosities, human bones, severed limbs, and pickled organs, all displaying ghastly pathologies, you are in for a fine treat. For the faint at heart, there’s a medical herbal garden open for free to the public right out front.

**The Forrest Theatre**
1114 Walnut Street
215-923-1515
[www.forrest-theatre.com](http://www.forrest-theatre.com)
Large, beautifully-preserved theatre that tends to draw Broadway productions like Les Miserables, Beauty and the Beast, and Phantom of the Opera. No real student discounts but balcony seats can be as low as $25.

**The Freedom Repertory Theatre**
1346 N. Broad Street
215-687-1764
[www.freedomtheatre.org](http://www.freedomtheatre.org)
The oldest African-American theatre in Philly often has performances by actors and actresses who have trained through the Freedom's classes. Reasonable prices.

**The Merriam Theater**
250 S. Broad Street
215-893-1999
[www.merriam-theater.com](http://www.merriam-theater.com)
Like the Forrest in size, beauty, and grand productions, it tends to draw Broadway shows more frequently but for shorter runs.

**The Philadelphia Orchestra**
300 S. Broad Street
215-893-1999
[https://philorch.org](http://https://philorch.org)
Concert season: late September till late May. EZSeatU membership for students (med students count!) w/ Penn ID is $25 for access to unlimited concerts - you simply reserve and print your ticket the Tuesday before each concert and sign in at a designated table on concert day. Seating is general admission (you fill in empty seats in the orchestra level shortly before the concert). Concerts take place at the Kimmel Center, Verizon Hall. Also, be sure to check out their Free Neighborhood Concert at Penn’s Landing around the 4th of July each year.

The Philadelphia Shakespeare Theatre
2111 Sansom Street
215-496-8001
www.phillyshakespeare.org
A theatre dedicated to Shakespeare conveniently located in Center City. Check out the web age for more info. Student tickets and season ticket discounts are available.

The Walnut Street Theatre
825 Walnut Street
215-574-3550
http://walnutstreettheatre.org/
The oldest continuously running theater in the United States recently designated the "State Theatre of Pennsylvania" by the PA state government. Recent productions include mainstream productions such as La Cage aux Folles and A Chorus Line as well as world premieres.

The Wilma Theater
265 S. Broad Street
215-893-9456
http://walnutstreettheatre.org/
The Wilma Theater exists to present theater as an art form, engaging audiences and artists alike. The Wilma has good student discounts, including a season ticket package of Sunday matinees at a reduced rate. You can also usher for a night and see a show for free!

Grad Hospital

The Plays and Players Theatre
(Philadelphia Theatre Co.)
1714 Delancey Street
215-735-0630
www.playsandplayers.org
A small, aging theater embedded in the Rittenhouse Square neighborhood. Has slight student discounts. At the box-office you can only buy tickets in advance before 6pm.

West Philly and University City

Penn Museum
3620 Spruce Street
215-898-4000
http://www.penn.museum/
Yes, Penn even has its own museum! Founded in 1887, this museum houses one of the largest archaeological and ethnographic collections in the US.

Philadelphia Zoo
34th Street and Girard Avenue
philadelphiazoo.org
America’s first zoo with over 1300 animals. See exotic and local animals; learn about worldwide efforts in animal conservation and more.

The Mann Center
Situated in historic Fairmount Park, the Mann Center is known for its outdoor summer concerts and wide spectrum of artists and performances.

**GYMS & OTHER PLACES TO WORKOUT**

Besides studying and exploring all the great things that Philadelphia has to offer, be sure to make time to take care of yourself! This list of gyms and other workout options is a good place to start.

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**University City**

**Dhyana Yoga**
3945 Chestnut Street and 1611 Walnut Street
dhyana-yoga.com
Check it out for all your Yoga needs!

**Fox Fitness Center**
33rd Street, between Walnut and Spruce
www.upenn.edu/recreation/facilities/fox-fitness
Fox is Penn’s “best kept secret” when it comes to on-campus fitness center. It is definitely the cheapest gym option if you don’t need anything besides cardio and weights!

**Penn Park**
www.facilities.upenn.edu/maps/locations/penn-park
Located right behind Franklin Field, Penn’s historic stadium that hosts Penn Relays every year (the nation’s oldest and biggest collegiate track meet...you should check it out in April!!), Penn Park is a huge outdoor facility with 8 tennis courts, two recreational turf fields, a softball field, and some trails for running. Perfect place to make friends with your new classmates while playing a game of soccer or ultimate frisbee.

**Pottruck Health and Fitness Center**
(Penn’s Rec Center)
3701 Walnut Street
215-573-2102
www.upenn.edu/recreation
This all-inclusive fitness center includes a pool, climbing wall, weight rooms, basketball court, and 3 or more cardio rooms. For an extra fee, you can also take part in the many classes offered. Note that you have to “opt in” for Penn’s rec center, running at about $320/year. This seems annoying, but it is really just giving you the freedom of choosing your own gym instead of bundling the fee into your tuition. Pottruck is pretty nice, especially if you want the extra bells and whistles of a pool, indoor basketball court, and climbing wall.

**Schuylkill River Trail/Park**
schuylkillrivertrail.com
A great place for biking, running, or rollerblading, the Schuylkill River Trail will be about 130 miles long when totally completed! For now, it gets you as far as you could ever want to go, starting at 25th and Locust and extending past Boathouse Row to Manayunk, Valley Forge, and beyond! It is a beautiful run, especially when you make it farther out of the city. The
adjacent Schuylkill River Park at the start of the trail also has two public tennis courts and two basketball courts. For those basketball players out there who don’t want to pay to play in an indoor gym, the River Park is the place to go. The courts can be crowded in nice weather, but there are usually people looking to get a game together.

**Center City**

**City Fitness**
Center City, Grad Hospital and South Philly
[cityfitnessphilly.com](http://cityfitnessphilly.com)
The Grad Hospital location is a convenient option for the South Street crew, this is a pretty nice gym with lots of cardio and weight equipment. You can pay extra for a wide variety of classes. Price is around $35-$45/month.

**Sweat Fitness**
200 S. 24th Street, Center City, and other locations
215-351-0100
[www.sweatfitness.com](http://www.sweatfitness.com)
This gym is another convenient option for those crossing the Walnut Street Bridge to class. Classes are available as well.

**Weston Fitness**
1835 Market Street, Center City
215-963-2700
[westonfit.com](http://westonfit.com)
Another standard gym in Center City with cardio, weights, and classes.

**Hair and Skin Care**

**Admirations Hair It Iz**
2033 Chestnut Street, #1
215-564-2929
[admirationshairitiz.com](http://admirationshairitiz.com)
Admirations is the Center City salon that caters to the professional person who wants that special look!

**Adolf Biecker Studio**
138 S. 34th Street
215-418-5550
[adolfbieckerstudio.com](http://adolfbieckerstudio.com)
This is a great place for someone looking for a higher-end salon right on campus. Offers hair cut/style, color, waxing, nail care, and makeup services. Open every day until 6PM or later; appointments preferred, but walk-ins welcome. Offers text message deals to members!

**Anthony Guerrera’s Skin Care Lounge at Jason Matthew Salon**
1735 Chestnut Street, 2nd Floor
267-265-2998
[www.skincareloungespa.com/hairremoval](http://www.skincareloungespa.com/hairremoval)
“This lounge is the perfect location to rest, relax and rejuvenate. We offer the highest level of skin care services including waxing, medical peels, microdermabrasion, vitamin C-enriched facials, expert brow

**PERSONAL CARE**

One person that you’ve probably regretfully left behind upon coming to Penn is your friendly, trustworthy neighborhood hairdresser or barber. Realizing that for many people it takes months to find what they consider a good beautician or barber, we thought it might prove helpful to hear about those places that are frequented by other medical students. Call before you go!
styling and professional make-up services.”

**Brownstone Natural Hair & Barber**
524 S. 5th Street
215-545-2555
A Penn Med student recommends Abeena to take care of your locs.

**Coco Jazz Salon**
3631 Lancaster Avenue
215-222-2329
Prices are very reasonable. The salon also has a barber.

**Culture Hair Studio**
7201 Germantown Avenue
[www.culturehair.com](http://www.culturehair.com)
Culture Hair Studio offers a variety of hair and skin services, and was voted a "Top 200" salon in the nation.

**Deeper Than Hair**
5613 Walnut Street
215-471-7707
deeperthanhair.com
Owner Kee Taylor is a celebrity stylist, most known for her attention to the health of her client’s hair and getting damaged hair to its strongest state.

**Duafé Holistic Hair Care**
3129 N. 22nd Street
267-297-7636
Expertise in natural hairstyles and locs with their own hair care line. The salon offers consultations. Prices are on the higher end.

**Empire Beauty School**
1522 Chestnut Street
215-253-4621
[www.empire.edu/guest-services](http://www.empire.edu/guest-services)
Results here can range from excellent to so-so but prices are VERY affordable. This place is particularly good in the summer when the students are about to graduate because they are all salon-quality stylists. If you go once and work with someone you like, you can also request them for future appointments.

**Headhouse Salon**
141 League Street (near 2nd St. and Washington Ave.)
[www.headhousesalonphilly.com](http://www.headhousesalonphilly.com)
Located in the Queen Village section of South Philadelphia, stylists at Headhouse specialize in precision cutting, innovative color services, great length extensions and flawless makeup application.

**Island Design Salon**
1410 N. 52nd Street
215-472-2470
[www.islandesignsalon.com](http://www.islandesignsalon.com)
No one does braids, locking, and hair weaving like Island Design. It offers a wide range of natural hair services, and carries natural product lines for locks and natural hair maintenance.

**James Brown Hair**
1114 Pine Street
215-238-1121
[jamesbrownhair.net](http://jamesbrownhair.net)
Philly Mag says, “When it comes to caring for natural hair textures, James Brown has been declared the ‘hair wizard’... His bright and intimate shop has a stellar online appointment booking system, which
means two things: no wait time and no overbooking.”

**Jus roZ Multicultural Salon**
130 S. 45th Street
215-796-4143
Just roZ offers a range of hair styling services and eyelash extensions, all in an enjoyable and clean atmosphere. “Women need a place they can call home for their Beauty needs. Come get whipped into beautiful shape”.

**Kevin’s Hair Salon**
52 N. 9th Street: 215-238-9798
538 Washington Ave.: 215-218-1115
www.kevinbeautysalon.com
This popular Chinatown spot comes highly recommended by multiple Penn Med students.

**La Pearl**
3857 Lancaster Avenue
215-387-8232
http://lapearlbeauty.com/
Where they “love your hair to health”. Ask about student prices.

**Lisflor’s Dominican Salon**
510 West Girard Avenue
215-426-7527
“We are trained to work with all types of hair textures, we are able to offer multiples service blow dry, hair extensions, permanent make up and much more.”

**Penn Campus Hair Skin & Nail Salon**
3730 Spruce Street
215-222-9351
www.penncampushairsalon.com
This salon is best if you’re looking for convenience--just a short walk from Penn’s medical campus and accepts walk-ins. Offers men’s and women’s hair cut/color/style, nails, waxing, facial, and massage—all at a reasonable price.

**Ryan Foster Inc**
7118 Germantown Ave.
215-753-7118
This salon is particularly known for skill with versatile hair types, providing chemical free styling options.

**Selah Sanctuary Spa**
2116 Walnut Street
215-792-6220
Modern hair, waxing, and skin care.

**Total Serenity INC**
2108 Walnut Street
215-557-0678
wwwtotalserenitydayspa.com
Relax and enjoy unmatched pampering and luxury with a full complement of spa services any time of the year. Features massages, manicures, pedicures, facials, body waxing, body wrapping, and reflexology. Student discounts available.

**Volume Hair Studio**
1800 Chestnut St.
215-564-9200
www.volumehairstudio.net
This slightly more upscale salon comes highly recommended by its Penn Med clients. Offers both men’s and women’s haircuts, color, facial/eyebrow waxing, and special occasion hair and make-up. By appointment only.
Barbers

First Decisions Unisex Hair Salon
113 S. 40th Street, between Chestnut and Walnut Streets
215-222-6366
This is one barber who is good and takes his time especially when he gets to know you as one of his regulars. It may be hard get a haircut around lunch time. Also, precision cuts for women.

Philly Cuts
4409 Chestnut Street
215-387-2808
One of Philly’s finest barbers. Appointments suggested but walk-ins are welcome.

South Street Barbers
1302 South Street
215-985-5851
www.southstreetbarbers.com
This traditional barber shop comes highly recommended by Penn Med students. Haircut will cost $20-30. Open 7 days, accepts credit cards, bike parking available nearby.

Spirituality and Worship

Philadelphia is known as the City of Brotherly Love, and its diversity of faiths helps it live up to its name.

The University’s Office of the Chaplain is responsible for coordination of religious activities at Penn. Located in Houston Hall at 3417 Spruce Street, the office’s staff is available to students, faculty and staff for pastoral support, guidance, or informal advising and counseling. If you need help finding a home for worship, don’t hesitate to get in touch with them!
www.upenn.edu/chaplain

Perelman also has a few of its own student organizations to support spirituality and worship for medical students:

Caritas
Caritas is a network of students who are interested in how Catholic thought interacts with medicine. We are interested in exploring issues in social justice and medical ethics. All students interested in discussing how faith interacts with medicine are welcomed.

Maimonides Society
The mission of “Maimo” is to provide a framework for Jewish life at Perelman. We collaborate with other graduate schools, the Lubavitch House, and Hillel at Penn to host social events. We also host educational events that cover topics at the intersection of Judaism and medicine. We’re happy to answer all your questions about kosher food options, religious services, and the Philly Jewish social scene. We welcome students of all levels of religious observance!

Penn Med Christian Fellowship
PMCF is a student-run organization at Penn for Christians of ALL backgrounds and for those interested in Christianity. We have weekly meetings and organize opportunities for community service and mentorship with Christian doctors and healthcare professionals.
Following is a list (but in no way complete list!) of places of worship that have been recommended by Perelman Med students. Visit the websites or call ahead for more information.

**African Methodist Episcopal**

**Mother Bethel African Methodist Episcopal Church**
419 S. 6th Street
Mother Bethel AME Church is the founding church for its denomination established in 1794 by Richard Allen, a former slave. It was also an important Underground Railroad Station and has a museum of its history.

**Baptist**

**Beulah Baptist Church**
50th and Spruce Streets

**Bright Hope Baptist Church**
12th Street & Cecil B. Moore Avenue

**Enon Tabernacle Baptist Church**
Enon West: 230 W. Coulter Street
Enon East: 2800 W. Cheltenham Avenue

**Mt. Carmel Baptist Church**
58th and Race Streets

**Sharon Baptist Church**
3955 Conshohocken Avenue

**White Rock Baptist Church**
53rd and Chestnut Streets

**Buddhism**

**Chenrezig Tibetan Buddhist Center**
1417 N. 2nd Street

**Nalandabodhi Philadelphia**

1212 S. 47th St (at Children’s Community School)

**Catholic**

**Penn Newman Catholic Center**
3720 Chestnut Street

**St. Agatha & St. James Roman Catholic Church**
3728 Chestnut Street

**St. Patrick's Roman Catholic Church**
20th and Locust Streets

**Episcopal**

**Church of St. Andrew & St. Monica**
3600 Baring Street
This is a small, warm church in Powelton Village with a large Caribbean and African congregation.

**Church of the Holy Trinity**
1904 Walnut Street
One of the nation’s first Episcopal churches, this church is known for being very liberal and is the church home of many graduate students in the area. There are biweekly activities geared towards the LGBT community and young adults.

**St. Mark’s Church**
1625 Locust Street

**Hinduism**

**Samarpan Hindu Temple**
6515 Bustleton Avenue

**Islam**

**Masjid al-Jamia**
4228 Walnut Street

**Muslim Students Association**
[www.upennmsa.org](http://www.upennmsa.org)
The Muslim Student Association has a room of its own in the Spiritual and Religious Life Center at Penn (SPARC). Located in the 2nd floor of Houston Hall, the MSA Prayer Room is open from 10:00 am until 9:00 pm so that Penn’s Muslims may perform their daily prayers. Additionally, during the month of Ramadan, the MSA holds daily iftaars and Maghrib prayers in this room.

The Association of Islamic Charitable Projects (AICP)
45th and Walnut Streets

Quba Institute & Masjid
4637 Lancaster Avenue

Jehovah’s Witnesses
5619 Walnut Street: 607 N. 43rd Street: 1237 Federal Street: 2033 Ellsworth Street: jw.org
Jehovah’s Witnesses hold meetings for worship twice each week. At these meetings, which are open to the public, there is an examination of what the Bible says and how its teachings can be applied in life. Most of the services include audience participation, much like a classroom discussion. Meetings begin and end with song and prayer. You don’t have to be one of Jehovah’s Witnesses to attend the meetings. Everyone is warmly welcomed. Seats are free. No collections are ever taken. Please call for meeting times.

Judaism
Congregation Beth Ahavah
615 North Broad Street (near Broad and Spring Garden Sts.)

Congregation Beth Ahavah is a gay and lesbian synagogue that holds services in the Reform tradition (but congregants come from all backgrounds, and there is actually a fair amount of Hebrew liturgy used). It is small and has a very "haimish" feel to it. There are about 150 members total, including a number of physicians and medical students. Events, classes, panels, and workshops are offered throughout the year.

Hillel
215 S. 39th Street
www.pennhillel.org
Penn Hillel offers a variety of services throughout the year, including Conservative, Reform, Orthodox and Sephardic services every weekend. Themed services (Carlebach, Women’s, Interdenominational, etc.) also occur occasionally.

Lubavitch House
4037 Pine Street

Temple Beth Zion/Beth Israel
18th and Spruce Streets
Daily services, Shabbat, holiday services, and classes are offered. A core group of members are young and include professionals and students alike. One student who attends also volunteers and has formed close relationships with a number of families.

Lutheran
University Lutheran Church of the Incarnation
3637 Chestnut Street
“UniLu” is a small, welcoming and friendly church made up of community members and students from Penn, Drexel, Temple, University of the Sciences and other schools.

**Mormon**

**Philadelphia 1st Ward**
3913 Chestnut Street

**Non-denominational**

**Chinese Christian Church & Center**
1101 Vine Street
CCCnC is a non-denominational Christian church in the Philadelphia Chinatown neighborhood made up of people of all ages from all over the region.

**Grace Covenant Church**
34th & Walnut Sts., Meyerson Hall
The doors are wide open to people from all backgrounds. Whether you are a spiritual seeker just beginning to ask questions about God or a committed Christian wanting to deepen your faith, Grace Covenant Church is a place you can call home and find spiritual help, hope, and encouragement.

**Pentecostal**

**Deliverance Evangelistic Church**
2001 W. Lehigh Avenue

**Mt. Airy Church of God in Christ**
6401 Ogontz Avenue

**Presbyterian**

**Emmanuel Church in Philadelphia**
4723-41 Spruce Street
At Emmanuel, you’ll meet lots of students and working young adults. The congregation is largely Asian-American but absolutely open to all.

Services are geared towards young adults and students. A free shuttle service is available to students on campus.

**First African Presbyterian Church**
42nd Street and Girard Avenue
215-477-3100
The pastor extends a warm welcome to all Penn students on behalf of the congregation at First African. This church has built a relationship with Penn students through serving as the site for United Community Clinic. The church has a number of other services for its members and has made a strong commitment to community service.

**Tenth Presbyterian Church PCA**
17th and Spruce Streets
The large congregation offers several fellowship groups and participates in a variety of ministries, including work with AIDS patients, the homeless, and prison workers. There is also a city-wide medical group called Medical Campus Outreach.

**Woodland Presbyterian Church**
42nd and Pine Streets
Woodland is a community church with a diverse congregation. The Sunday morning worship service includes preaching from the Word of God, congregational prayer and praise, and the music ministry of the Praise Band.

**Seventh-Day Adventist**

**West Philadelphia Seventh Day Adventist Church**
4527 Haverford Avenue
**Unitarian Universalist**

First Unitarian Church of Philadelphia  
2125 Chestnut Street  
215-563-3890  
It's a friendly, liberal congregation of Center City students and professionals, as well as friendly folks from across the city. It's particularly welcoming to gays, lesbians, and unbelievers, and those who find mainline churches too restrictive in their dogma or resistant to reason.

**Religious Services in Spanish**

**Baptist**  
First Spanish Baptist Church  
2344 North Hancock Street  
215-634-5310

Second Spanish Baptist Church  
4917 Frankford Avenue  
215-537-9505

**Catholic**  
Iglesia Asuncion De La Virgen Maria  
174 Diamond Street  
215-765-4052

Iglesia San Bonifacio  
Diamond and Hancock Streets  
215-739-6376

Capilla La Milagrosa  
1903 Spring Garden Street  
215-972-8116

Iglesia San Pedro El Aposto  
15th Street and Girard Avenue  
215-627-2386

Iglesia Santa Veronica  
533 W. Tioga Street

**Episcopal**  
St. George and St. Barnabas Episcopal Church  
61st Street and Hazel Avenue  
215-747-2605

**Independent**  
Living Word Community  
142 N. 17th Street  
215-563-1322

Living Word Community in Center City Philadelphia is a bilingual, diverse, and loving family who believes in God, the Bible, and acknowledges salvation through Jesus Christ.

**Methodist**  
Iglesia Metodista de Resurrección  
142 N. 17th Street  
215-563-1322

Sunday worship service at 2:30pm is held in Spanish.

**TRANSPORTATION**

**Penn Transit Services**

The University of Pennsylvania offers a number of services that are available free for riders with a valid PennCard or hospital ID. Penn offers a number of shuttles and buses operating in University City, West Philadelphia, and Center City. Their website offers a lot of useful information about how to get around Philly in a safe, quick, and cheap manner, so it would be worthwhile to give it a look!
Login to Campus Express and click on “My Transportation” to find out more: www.campusexpress.upenn.edu

SEPTA

Getting around Philadelphia without a car can be very easy. Walking is always a great option, but when your feet are tired, SEPTA can take you most places. A few selected routes are presented below.

To find information the most up to date schedules and routes, go to www.septa.org.

Bus Lines

Bus routes 21, 40 and 42 run between Center City and West Philadelphia making stops throughout campus. The 21 and 42 run along Walnut Street in Center City towards University City. Once the route 21 crosses the Walnut Street Bridge, it continues along Walnut Street; whereas the route 42 turns left at 34th Street and makes stops right outside of HUP and CHOP. The route 40 runs along Lombard Street in the Graduate Hospital area going towards HUP, crosses the South Street Bridge, and makes stops along Spruce Street in the University City area.

Bus Route Maps and Schedules


Subways

The Green Line Trolleys run from City Hall to West Philly and can provide access to school and a number of neighborhoods in West and Southwest Philly. (Note: Trolleys run underground between 40th and 15th, but above ground from 40th west...don’t be alarmed.)

The Market Frankford (“Blue”) Line, better known as the El (elevated train), runs east and west along Market Street for the length of the city and can get you around extremely quick.

The Broad Street (“Orange”) Line runs north and south along Broad Street and is the easiest way to get to the Sports Stadiums and Arenas.

Regional Rail Lines

The Regional Rail Lines (www.septa.org/service/rail) can take you to some Philadelphia neighborhoods beyond Center City, the surrounding suburbs, and the Philadelphia Airport. All of the lines stop at 30th St. Station, with the exception of the Airport line. Some Regional Rail Lines can also connect to New Jersey Transit (which has student discounts!).

Paying For SEPTA

Visit SEPTA’s Fares page for current fare prices and options: www.septa.org/fores

Penn Transit Services also offer a semester-long pass, called the Penn
Pass, that will get you anywhere within the city. Go to Campus Express to find out more information about purchasing a Penn Pass: 
www.campusexpress.upenn.edu

**Bike Shares**

Philadelphia offers the Indego Bike Share at over 70 locations throughout the city: 
www.rideindego.com

**Car Shares**

The University has contracted with two car sharing companies, Enterprise CarShare and Zipcar, to provide incentives to students to use car sharing for University or personal use. 
www.zipcar.com/universities/university-of-pennsylvania

**Car Maintenance**

A parking space can be hard enough to find for car owners in Philly, let alone locating a trustworthy mechanic! Those of you who can’t live without your wheels know that routine maintenance is important and unexpected breakdowns can leave you in a bind. Here are some people and places that can help!

**Ed & Geo Auto Body**
1418 Bainbridge Street (Graduate Hospital Area, Broad and Bainbridge Streets)
215-735-2338

Recommended for those more serious scrapes and crunches.

**Lei’s**
4200 Ludlow Street (42nd between Chestnut and Market Streets)
215-386-5565
leisauto.com
Known for pleasant, helpful service and reasonable prices. Lei’s does both auto body and under-the-hood work, it’s a good place to keep in mind for all-around car care. They also perform Pennsylvania state inspection and emissions.

**Midas**
42nd and Market Streets
215-382-3298
www.midas.com
Great for preventative maintenance; not as good if something actually breaks.

**Mid-City Tire and Auto**
709 Washington Avenue (Passyunk and Washington Aves., Bella Vista)
215-339-9441, 215-928-1812
www.midcitytire.com
Open 8:00-5:00 every day except Sunday. Polite, courteous, and professional and won’t over-charge you! They’ll do everything except engine work, but will refer you elsewhere if that’s what you need.

**Pep Boys**
1201 S. Broad Street (Broad and Federal Streets)
215-271-6813
www.pepboys.com
Program for Diversity & Inclusion
Perelman School of Medicine at the University of Pennsylvania
Jordan Medical Education Center, 6th Floor
3400 Civic Center Boulevard, Philadelphia, PA 19104

www.med.upenn.edu/diversityume
penndi@mail.med.upenn.edu
Tel: 215.898.4409   Fax: 215.898.0833

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This guide is also available electronically at
www.med.upenn.edu/diversityguide