

Office of
Lifelong Learning

2025 - 2026

ANNUAL
REPORT



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A circular portrait of Denise Campbell-Scherer, a woman with blonde hair, glasses, and a green necklace, smiling.

Message from our Associate Dean

Denise Campbell-Scherer, MD, PhD, CCFP, FCFP

Associate Dean Office of Lifelong Learning and Physician Learning Program

The Office of Lifelong Learning (L3) is proud to share our 2025–2026 Annual Report, reflecting a year defined by growth, collaboration, and a renewed commitment to advancing healthcare education.

As healthcare continues to evolve, we remain committed to supporting professionals with the knowledge, skills, and confidence to create meaningful impact in the lives of those they care for.

Over the past year, we have deepened partnerships and expanded innovative educational opportunities that inspire excellence in practice. Our work supports clinicians in delivering safe, compassionate, and patient-centered care, while fostering the adaptability required to meet emerging challenges. By integrating leadership development, evidence-informed practice, and quality improvement into our programs, we are not only supporting individual growth—we are contributing to the transformation of the healthcare system as a whole.

At the heart of our efforts is a shared belief in the power of learning to connect, uplift, and drive change. Together with our partners, faculty, and dedicated team, we are building a vibrant community of lifelong learners committed to advancing inclusive, equitable, and sustainable education. This collective vision strengthens a learning health system that is responsive, innovative, and grounded in excellence.

I extend my deepest gratitude to the L3 team, whose dedication make this work possible, and to our partners and key constituents, whose collaboration and shared purpose continue to move us forward. Together, we are not only responding to the future of healthcare—we are helping to shape it.

Territorial Acknowledgment

The University of Alberta, its buildings, labs and research stations are primarily located on the territory of the Nêhiyaw (Cree), Niitsitapi (Blackfoot), Métis, Nakoda (Stoney), Dene, Haudenosaunee (Iroquois) and Anishinaabe (Ojibway/Saulteaux), lands that are now known as part of Treaties 6, 7 and 8 and homeland of the Métis. The University of Alberta respects the sovereignty, lands, histories, languages, knowledge systems and cultures of all First Nations, Métis and Inuit nations.

Vision

Foster, facilitate, and advance excellence in lifelong learning.

Mission

We advance healthcare ecosystem excellence by cultivating lifelong learning with a focus on adaptive leadership skills, improvement science, and evidence based practice.

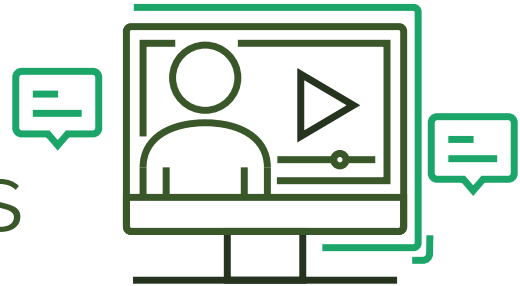
Thank You

We would like to thank all the Faculty that supported the Office of Lifelong Learning in developing and delivering high quality educational offerings this past year. We are most grateful for your time and enthusiasm to help us fulfill our mandate to foster excellence in lifelong professional growth.

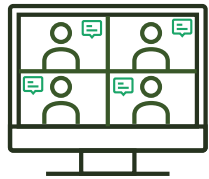


The Year at a Glance 2025-2026

31 Hosted
webinars



6,613
Participants



1,787
Asynchronous
Participants

10 Cohorts
Paid
Courses



Total number of Participants **138**

2 Crucial
Conversations
sessions



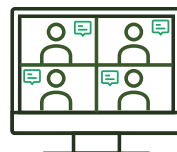
18 Participants

2 Dare to
Lead
sessions



24 Participants

2 Virtual
Obesity
Course



22 Participants

1 Making Change Stick
Implementing Innovations
Sustainably Workshop



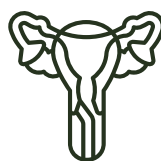
19 Participants

1 MSK Knee
Hands
on workshop



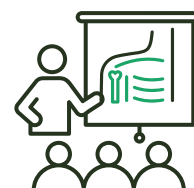
17 Participants

1 IUD and
Endometrial biopsy
hands on workshop



24 Participants

1 MSK Shoulder
Hands on
workshop



14 Participants

Impact of My L3 Plan: Physician Practice Improvement

Launched in 2023, My Lifelong Learning Plan (MyL3Plan) is a self-paced tool designed to support physicians in meeting regulatory requirements and advancing continuous practice improvement. The platform enables users to complete Practice Improvement (PPI) learning cycles across three domains:

- Practice-driven continuous quality improvement (CQI) using objective data
- Personal development and wellness (PD)
- Standards of Practice quality improvement (SOP)

Over the past year, MyL3Plan has continued to be impactful. As of March 2025, 276 physicians and healthcare professionals have engaged with the platform, using it to guide their learning and quality improvement journeys.

A significant milestone this year was the successful reaccreditation process with the College of Family Physicians of Canada (CFPC). Through this process, MyL3Plan was formally accredited as a Certified Assessment Activity, now offering participants up to 12 Mainpro+® Certified Assessment Activity credits.

This achievement reflects the quality, relevance, and impact of the tool in supporting reflective practice and measurable improvement.

For more information:

<https://www.ualberta.ca/en/medicine/programs/lifelong-learning/my-l3-plan.html>

L3 Programs

Courses and Hands-on Workshops

Obesity Education Program: Supporting Better Patient Care

This year, the Office of Lifelong Learning continued its partnership with the 5As Team to deliver a practical and engaging educational program for physicians and healthcare providers focused on obesity management. Building on its successful transition to a virtual, flipped classroom format, the program emphasizes interaction, reflection, and real-world application.

Over the past year, two courses were offered, with a total of 22 participants taking part in the training. The Learn How to Help Your Patients Living with Obesity course is a four-week program aligned with the Canadian Clinical Practice Guidelines for Adult Obesity. It is designed to help healthcare providers build confidence and competence in supporting patients through evidence-informed care.

Participants explore the science and complexity of obesity, learn practical approaches to assessment and management for both adult and pediatric patients, and engage in case-based learning that reflects real clinical scenarios. The focus is on translating knowledge into meaningful conversations and effective care strategies in everyday practice.

The program is led by Dr. Denise Campbell-Scherer (5AsT Program Lead), Dr. Andrea Milne-Epp, Dr. Shahebina Walji, and Dr. Tasneem Sajwani, and will be offered again in Fall 2026.



Making Change Stick: Implementing Innovations Sustainably

L3 expanded its advanced learning portfolio with a two-day workshop focused on strengthening capacity in implementation science across health and social care. Led by internationally recognized experts Dr. Carl May and Dr. Tracy Finch, this intensive session introduced participants to Normalization Process Theory (NPT) and its application in designing, implementing, and evaluating sustainable innovations.

Through interactive learning and applied discussion, participants gained practical strategies to understand the organizational and social factors that influence successful implementation, supporting the integration of evidence into routine practice.

This offering reflects L3's commitment to advancing system-level impact by equipping healthcare leaders, researchers, and practitioners with the tools to drive meaningful and sustained change.

L3 in Focus

As part of its strategic priorities, L3 introduced three new, innovative hands-on workshops this year, expanding opportunities for experiential learning and skills development among healthcare providers. Designed to complement existing educational offerings, these sessions emphasized practical application, clinical confidence, and peer-to-peer learning in a supportive, interactive environment.

These workshops reflect L3's commitment to delivering high-impact, practice-oriented education that strengthens clinical skills and supports improved patient care. L3 also values collaborative partnerships that support continuing professional education through unrestricted educational grants and sponsorship opportunities. We gratefully acknowledge the support of Bayer for the IUD workshop, specially to Susan Cabigon and Renu Abela, and Steven Blink from Pendopharm for the knee and shoulder workshops.



MSK Shoulder Bootcamp:

A Hands-On Approach to Diagnosis & Treatment

As part of L3's expanded hands-on learning offerings, the MSK Shoulder Bootcamp provided healthcare professionals with practical, skills-based training to enhance confidence in assessing and managing common shoulder conditions.

Through interactive, case-based learning and guided practice, participants strengthened their ability to differentiate key shoulder pathologies, perform targeted physical examinations, and apply appropriate diagnostic and treatment strategies. The session also emphasized clinical decision-making, including appropriate use of imaging, conservative management, and referral considerations. (June 19, 2025)



MSK Knee Bootcamp: A Hands-On Approach to Clinical Reasoning and Physical Exam

Held at the University of Alberta and facilitated by Dr. Terry De Freitas. This interactive session provided participants with hands-on training in the assessment and management of common knee injuries, combining case-based learning with guided physical examination practice. Participants developed skills in diagnosing ligament and meniscal injuries, identifying indications for urgent referral, and applying evidence-based rehabilitation principles. (Feb 12, 2026)



Abnormal Uterine Bleeding Beyond the Basics: Hands-On Endometrial Biopsy & IUD Insertion

As part of L3's commitment to experiential learning, this hands-on workshop—facilitated by Dr. Sanja Kostov and Dr. Amanda Kim—focused on building practical skills for the office-based management of abnormal uterine bleeding.

Through guided, skills-based training, participants developed competence in performing endometrial biopsies and initiating advanced treatment options, including insertion of a levonorgestrel intrauterine system (LNG-IUS). The session also emphasized clinical decision-making, incorporating risk stratification, symptom severity, and patient-centered approaches to investigation and management.

(Jan 27, 2026)



Leadership Skills Development:

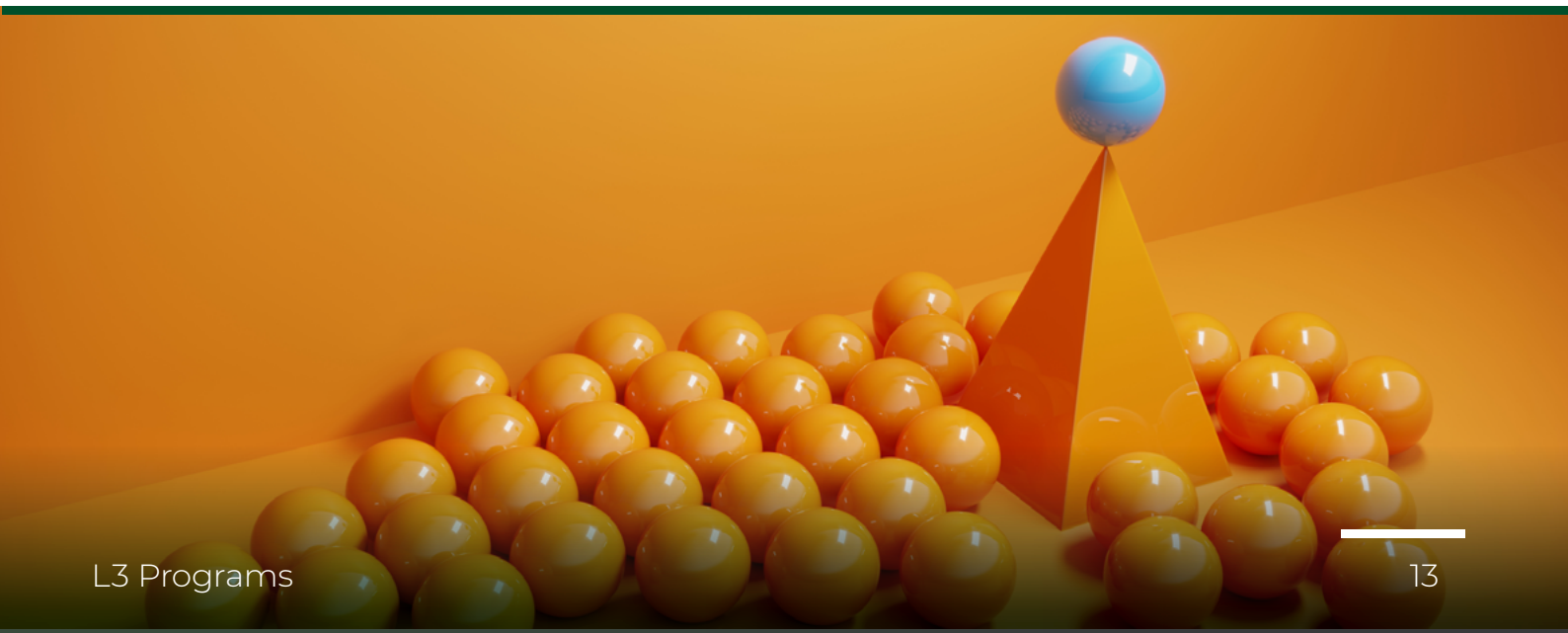
Building Skills That Strengthen Our Communities

At L3, we believe that strong leadership, effective communication, and healthy team dynamics are essential to creating positive and productive work environments. Supporting growth in these areas is a key part of how we contribute to the communities we serve—helping individuals at all stages of their careers lead with confidence and purpose.

Since 2022, we have continued to offer two flagship leadership development programs that provide practical, skills-based learning experiences:

- **Dare to Lead™** – Grounded in the research of Dr. Brené Brown, this program supports participants in developing the courage and self-awareness needed to move from protective, “armored” leadership to more open, authentic, and impactful leadership. We are grateful to Laurie Hillis for creating a thoughtful and engaging learning experience.
- **Crucial Conversations®** – This program equips participants with tools to navigate difficult or high-stakes conversations with clarity and confidence. It focuses on fostering open dialogue, strengthening relationships, and supporting better decision-making in complex environments. We thank Dr. Debra Witzfeld for her continued dedication to delivering this training.

Through these programs, L3 continues to support the development of thoughtful, courageous, and effective leaders—individuals who contribute to stronger teams and more connected workplaces.



L3/PLP Educational Events

2025-2026

Advancing Lifelong Learning Through Collaborative Education

The Office of Lifelong Learning (L3) and the Physician Learning Program (PLP) partnered closely with primary care physicians and key constituents to identify priority learning needs and gaps in practice. In collaboration with healthcare teams and subject matter experts, targeted educational initiatives were developed to address these areas and support meaningful practice change.

Programming was delivered through diverse, evidence-informed formats—including webinars, series, flipped classroom, case-based learning, and panel discussions—designed to be practical, interactive, and directly applicable to clinical care.

Over the past year, 21 educational events were delivered in partnership with PLP, advancing continuous professional development and supporting improved patient care outcomes.

Rheumatology Revealed

2.0: Advanced Insights and Evolving Best Practices for Family Physicians

Building on the success of the initial series, L3 and PLP in partnership with the University of Alberta's Division of Rheumatology, delivered a four-part educational series to support family physicians in keeping pace with rapidly evolving advances in rheumatology. The series provided timely, evidence-based updates on diagnosis, emerging therapies, and referral pathways to enhance patient care in primary practice.

Session recordings and curated Pearls for Practice resource bundle remain available on the L3 website to support ongoing, self-directed learning across Alberta.

Rheumatology biologics in primary care practice:
Managing risks, interactions, and patient care

Dr. Anna Oswald **April 22, 2025**

Navigating lupus: Diagnosis, management, and
referral updates

Dr. Stephanie Keeling **April 29, 2025**

Recognizing and managing giant cell arteritis in primary care

Dr. Alison Clifford **May 05, 2025**

From skin to joints: Psoriatic arthritis in primary care

Dr. Shafiq Akbar **May 13, 2025**



853
Participants

 **100%** Met my
learning needs



257
Asynchronous
views

 **96%** Was relevant
to my practice

Beyond Statins: Lipid Management That Lasts

Dyslipidemia remains a major, often silent contributor to cardiovascular disease risk. This webinar, led by Dr. Raj Padwal, equipped primary care physicians with practical, evidence-based strategies to optimize lipid management—particularly in the context of statin intolerance, which affects up to 30% of patients and can compromise treatment adherence. The session also addressed care for familial hypercholesterolemia, emerging therapies such as PCSK9 inhibitors, and referral pathways for complex cases.

To support ongoing learning and application in practice, a recording and Pearls for Practice resource are available on the L3 website for asynchronous access.

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268
Participants

 **100%** Met my learning needs



127
Asynchronous views

 **100%** Was relevant to my practice

Championing Best Health: A Primary Care Series on Pediatric Obesity

Pediatric obesity affects approximately 22% of children and youth in Alberta, underscoring the need for early, evidence-based intervention. An L3/PLP needs assessment identified a key gap in provider confidence when initiating conversations about weight and engaging families in care.

In response, L3 partnered with PLP, Dr. Stasia Hadjiyannakis, and Dr. Laurie Clark to deliver a four-part webinar series aligned with Canadian Pediatric Clinical Practice Guidelines. The series provided practical, patient-centered approaches to discussing weight, assessing health beyond BMI using the EOSS-P tool, exploring treatment and referral options, and addressing common challenges in care. Session recordings and a Pearls for Practice resource bundle are available on the L3 website to support ongoing, asynchronous learning.

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Starting the Conversation: Talking About Weight with Kids and Families	Oct 2, 2025
Looking Beyond BMI: Assessing Pediatric Health with the EOSS-P Tool	April 29, 2025
Exploring Treatment Options: What to Consider and When to Refer	May 05, 2025
When Care Gets Stuck: Strategies for Overcoming Roadblocks	May 13, 2025

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810
Participants



98% Met my learning needs



236
Asynchronous views



97% Was relevant to my practice

Optimizing In-Hospital Cirrhosis Care

Despite established guidelines, only half of hospitalized patients with cirrhosis receive evidence-based care, contributing to preventable complications and increased mortality. With chronic liver disease placing growing demands on the healthcare system, this webinar highlighted opportunities to improve care through standardized, system-level approaches.

In partnership with PLP and led by Dr. Puneeta Tandon and Dr. Mayur Brahmania, the session focused on leveraging Connect Care tools—including best practice alerts, order sets, and the Cirrhosis Carepath Summary Tool—to support early identification, risk stratification, and proactive management. These strategies aim to improve consistency, reduce readmissions and length of stay, and enhance patient outcomes. A recording and Pearls for Practice resource bundle are available on the L3 website to support ongoing learning.

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Optimizing In-Hospital Cirrhosis Care: Learn 10
Quick Tips from the Experts Oct 29, 2025

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95
Participants



100% Met my
learning needs



33
Asynchronous
views



100% Was relevant
to my practice



Data-Driven Practice in Postpartum Hemorrhage

A provincial-wide Postpartum Hemorrhage (PPH) Interprofessional Toolkit was developed by the Maternal, Newborn, Child and Youth Strategic Clinical Network to support healthcare providers and teams in reducing maternal morbidity related to PPH across the continuum of care.

As part of a province-wide knowledge translation (KT) and dissemination strategy, L3 collaborated with the Physician Learning Program (PLP), the MNCY SCN, and the Alberta Health Services Perinatal Health Program to develop and deliver a three-part webinar series in December 2023 aimed at disseminating the Interprofessional Implementation Toolkit across Alberta. The series received 1,144 registrations, reflecting strong provincial engagement and interest in advancing evidence-informed maternal care practices.

L3 and PLP continued the KT and dissemination efforts this year through a collaborative webinar developed in partnership with the Women's Health Program Improvement Integration Network (PIN), Dr. Philippa Brain, Jeannie Yee, and Stacey Nyl. The webinar supported the re-launch of the updated interprofessional PPH Toolkit and equipped healthcare teams with current, practical resources to strengthen preparedness, reporting, and quality improvement initiatives.

The session highlighted updated tools and strategies, including provincial reporting mechanisms and dashboard monitoring, to enhance clinical decision-making and system-level coordination. To support continued asynchronous learning and ongoing dissemination, a webinar recording and Pearls for Practice resource were made available through the L3 website

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Data-Driven Practice in Postpartum Hemorrhage: Optimizing
Provincial Reporting and Quality Improvement, Including the
Updated Interprofessional PPH Toolkit Nov 18, 2025

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265
Participants



89% Met my
learning needs



105
Asynchronous
views



67% Was relevant
to my practice

Women's Health in Focus

In collaboration with PLP, L3 continues to address key gaps in women's health education for primary care. A comprehensive needs assessment identified priority areas—including pelvic health, abnormal uterine bleeding, menopause, and polycystic ovary syndrome (PCOS)—where increased knowledge and practical guidance can improve patient outcomes.

In response, L3 partnered with Dr. Annick Poirier, who led the planning and coordination of a four-part series of targeted, evidence-based sessions. Together, these initiatives support earlier recognition, more effective management, and more equitable care across the province. Recordings and Pearls for Practice resources are available on the L3 website to support ongoing, asynchronous learning.



Part 1: Pelvic Health Uncovered: Pessaries, Pain, and Incontinence

Real world tools and knowledge for better pelvic health outcomes

Pelvic health conditions are common yet often underrecognized and undertreated in primary care, contributing to avoidable patient burden and increased system pressures.

To address this gap, L3 and PLP partnered with urogynecology subspecialist Dr. Annick Poirier to deliver a three-part webinar series focused on strengthening clinical knowledge and confidence in this area. Aligned with the Provincial Female Urinary Incontinence Pathway, the series provided practical, evidence-based guidance on pelvic health fundamentals, clitoral anatomy, and standardized approaches to assessment and management. Recordings and curated Pearls for Practice resources are available online, supporting ongoing, accessible learning and enabling clinicians to apply subspecialty expertise at the point of care.

Pessary 101 for Primary Care Providers

Dr Cathy Flood **Nov 25, 2025**

Clitoral Anatomy and Surgery: A Piece of the Sexual Pain Puzzle

Dr May Sanaee **Dec 02, 2025**

The Provincial Pathway for Female Urinary Incontinence

Dr Annick Poirier, Analicia Bozzo and Alison Connors **Dec 09, 2025**



757
Participants



97% Met my learning needs



204
Asynchronous views



100% Was relevant to my practice

Part 2: Abnormal Uterine Bleeding: More Than “Just” a Period

Abnormal uterine bleeding (AUB) is a common presentation in primary care that can significantly impact quality of life and may indicate serious underlying conditions, including endometrial cancer. Recent guideline updates recommending earlier endometrial biopsy in younger patients highlight an important gap in awareness and practice.

To address this, L3 and PLP partnered with Drs. Amanda Kim and Sanja Kostov to deliver a webinar focused on the timely, evidence-based assessment and management of AUB. The session emphasized early identification of concerning features, appropriate investigations, and initiation of management strategies to support improved patient outcomes. Recordings and a curated Pearls for Practice resource are available online to support ongoing, asynchronous learning and quality improvement in clinical practice.

Abnormal Uterine Bleeding: More Than “Just” a Period

Dr Sanja Kostov and Dr Amanda Kim Jan 21, 2026



233
Participants



95% Met my learning needs



87
Asynchronous views



100% Was relevant to my practice

Part 3: Menopause Matters: Primary care management of menopause, practical approaches to postmenopausal bleeding and vulvovaginal atrophy

Menopause is a universal life stage that can significantly impact health and quality of life, yet it remains underrecognized and often inadequately addressed in clinical care. Despite most women experiencing symptoms, gaps in knowledge, stigma, and limited access to evidence-based guidance can hinder effective management.

In response, L3 and PLP developed a three-part webinar series to equip primary care providers with practical, evidence-based approaches to menopause care. The series addressed key topics including menopause management, vulvovaginal atrophy, and postmenopausal bleeding, supporting clinicians in delivering comprehensive, patient-centered care. Session recordings and a curated Pearls for Practice resource are available online to enable ongoing, accessible learning.

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Diagnosis, Management, and Myths in Modern Menopause Care

Dr Alexandra Seal Grant **Feb 24, 2026**

Postmenopausal Bleeding

Dr Danika Hawthorne **Mar 3, 2026**

Genitourinary Syndrome of Menopause

Dr Lucas Vasas **Mar 10, 2026**

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933
Participants



100% Met my
learning needs



199
Asynchronous
views



98% Was relevant
to my practice

Part 4: PCOS in Primary Care: Case-based management, and clinical pathways: What is new?

Polycystic ovary syndrome (PCOS) is a common endocrine–metabolic condition with significant reproductive, cardiometabolic, and psychological impacts. Given its prevalence and long-term health implications, timely recognition and effective management in primary care are essential to improving patient outcomes and reducing system burden.

To address identified learning needs, L3 and PLP partnered with Drs. Mahua Ghosh, Julia Carter, and Donna Vine to deliver a webinar focused on early identification and comprehensive management of PCOS. The session highlighted the use of the Provincial PCOS Primary Care Clinical Pathway, alongside practical lifestyle, pharmacologic, and referral strategies. Recordings and a curated Pearls for Practice resource are available online.

PCOS in Primary Care: Case-Based Management and Clinical Pathways
Drs Mahua Ghosh, Julia Carter and Donna Vine Mar 24, 2026



212
Participants



100% Met my
learning needs



45
Asynchronous
views



100% Was relevant
to my practice

Black Health Webinar Series

Addressing health disparities in Black communities requires culturally informed, evidence-based care. In recognition of Black History Month (February 2026), L3 and PLP delivered a two-part webinar series aligned with their commitment to advancing equity-focused medical education.

Led by Dr. Eniola Salami, the series focused on key clinical areas where gaps in knowledge and training persist, including alopecia in afro-textured hair and sickle cell anemia. Sessions emphasized practical approaches to screening, diagnosis, and patient-centered care. Recordings and Pearls for Practice resources are available on the L3 website to support ongoing, province-wide learning.

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Caring for Crowns: A Primer on Alopecia and Common Trichological
Conditions in Afro-Textured Hair **Feb 3, 2026**
.....

Sickle Cell Anemia in Primary Care: Screening,
Diagnosis, and Counselling **Feb 10, 2026**
.....



146
Participants



100% Met my
learning needs



61
Asynchronous
views



90% Was relevant
to my practice



Supporting Professional Development Through Virtual Grand Rounds

Child & Adolescent Psychiatry Grand Rounds | 2025–2026 Webinar Series

L3 continues to partner with the Division of Child and Adolescent Psychiatry to deliver monthly virtual grand rounds, supporting ongoing professional development in pediatric mental health.

Over the past year, the series engaged **1,751** healthcare professionals from Alberta and across Canada, providing access to expert-led insights on key topics in child and adolescent psychiatry. To extend reach and impact, all sessions are recorded and available on the L3 website, enabling flexible, asynchronous learning.

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Dissociation and Psychosis: Exploring Overlaps and Differences

Dr. Olga Winkler, Psychiatry/ AHS

Participants: 184 | Asynchronous views: 37

Apr 15, 2025

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PANS and PANDAS: The Role of Infection and Autoimmunity
in Mental Health Disorders

Dr. Scott Antoine

Participants: 103 | Asynchronous views: 59

May 20, 2025

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Intensive Assessment & Treatment of Challenging Behavior in
Youth with Autism and ID

Dr. Matthew Siegel

Participants: 250 | Asynchronous views: 44

Jun 20, 2025

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Overcoming Challenges in ADHD Care: Assessment and Treatment of Patients with Concurrent Substance Use Disorders (an introduction to CASUP – Caddra ADHD & Substance Use Program).

Dr. Sam Chang

Participants: 103 | Asynchronous views: 42

Sept 11, 2025

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Adolescent Sleep: Biology and Behavior in Conflict

Dr Mary Carskadon

Participants: 131 | Asynchronous views: 22

Oct 09, 2025

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Adaptation or just good practice? Therapy with Children with Autism Spectrum Disorder

Dr. Karen Cammuso

Participants: 150 | Asynchronous views: 81

Nov 13, 2025

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Epidemiology Meets Practice: Trends in Pediatric Mental Health Care by Diagnosis, Setting, and Geography Before and After the Pandemic

Dr. Jacquelyn Paquet

Participants: 148 | Asynchronous views: 22

Dec 11, 2025

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Pediatric Catatonia: Recognition, Diagnosis, and Management. An overview for clinicians and educators

Drs. Erin Stolte & Kim Dary

Participants: 180 | Asynchronous views: 46

Jan 08, 2026

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Minding Minds: Clinician-to-Clinician Mentalizing and Enhancing Clinical Care

Dr Shelly Simpson

Participants: 188 | Asynchronous views: 32

Feb 12, 2026

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Utility of Psychological Testing in Community Mental Health

Drs. Kendal Toll & Marnie Makela

Participants: 202 | Asynchronous views: 48

Mar 12, 2026

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Our Team



Denise Campbell-Scherer

MD, PhD, CCFP, FCFP

Associate Dean



Karen Hunter

BSc, BMgt, MBA, PhD

Managing Director



Andrea Davila-Cervantes

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