



## Lifestyle

In addition to the variety of training opportunities, the Central Region of Newfoundland can offer all the benefits of rural life in its vibrant communities.

Located right in the heart of Newfoundland, the Central Region contains some of the best outdoor experiences to be found in the province. All residents are encouraged to enjoy the variety of activities our region has to offer:

- Iceberg Watching
- Whale Watching
- Hiking Trails
- Boating/Kayaking
- Salmon Fishing
- Golfing
- Live Entertainment Venues
- Four Season Outdoor Adventures
- Many Local Community Activities



## Our Goal

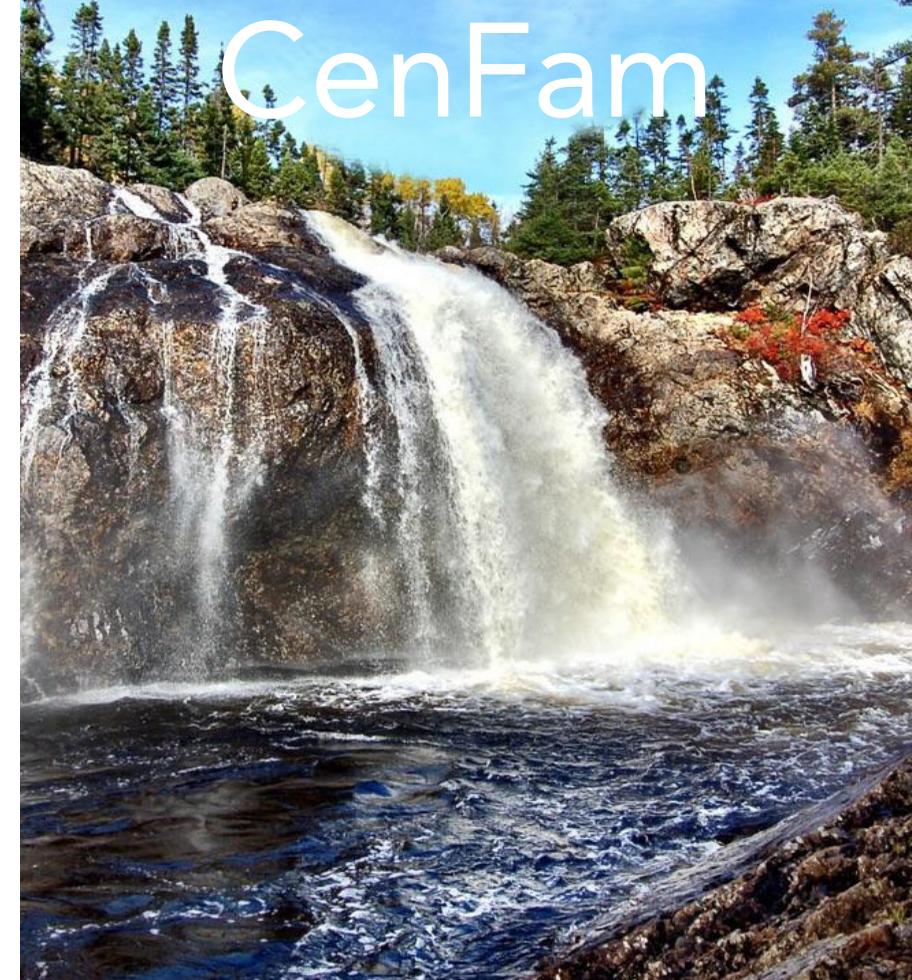
The goal of the Central Stream is to provide residents the opportunity to share in the role of the family physician in providing "cradle to grave" care for a rural population. Working alongside very experienced family physicians, residents will gain confidence in their clinical decision making and the ability to provide quality and timely care.

We look forward to working with you!

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# CenFam



## Residency Training in Central Newfoundland

CenFam, a stream of the MUN Family Medicine Residency Program, offers learners an exceptional opportunity to experience and become part of a rural community while evolving into competent and compassionate physicians.

# Our Program

Residents are given the opportunity to complete first year training blocks with our excellent specialty generalist colleagues in the teaching sites of Gander and Grand Falls-Windsor. Second year training gives learners the opportunity to develop as family physicians while embedded in longitudinal learning experiences. Many residents appreciate the opportunity to become an important member of a health care team in Baie Verte, Botwood, Gander, Grand Falls-Windsor and Twillingate.

The many learning opportunities such as:

- Emergency Medicine
- Critical Care
- Collaborative Care Psychiatry
- Ophthalmology
- Urology
- Otolaryngology
- Addictions Medicine
- Geriatrics
- Collaborative care gynecology
- Inpatient care
- Palliative care
- OR assistance
- Pregnancy Care Obstetrics/Deliveries/Procedures



# Our Teaching Sites

**Twillingate** is a beautiful picturesque outpost located on the edge of Iceberg alley. It is fondly known as the "Iceberg Capital of the World". Notre Dame Bay Memorial Health Centre is home to the Twillingate teaching site which, over the years, has trained many great rural family physicians. [www.twillingate.com](http://www.twillingate.com)



**Botwood**, situated at the mouth of the Bay of Exploits, is a quaint port town which served as a Royal Canadian Air Force Sea Plane Base during WW2. It is a well-established teaching site for medical learners and home to The Dr. Hugh Twomey Health Care Centre which provides medical services to the many outpost communities of the region. [www.town.botwood.nl.ca](http://www.town.botwood.nl.ca)

**Baie Verte** is a community located on the Northeast coast of Newfoundland. It was once a bustling mining community. Gold and copper mining is still the major employer. Baie Verte is also known for its beautiful hiking trails. It is home to the Baie Verte Peninsula Health Centre. [www.townofbaieverte.ca](http://www.townofbaieverte.ca)

**Gander** is a hub town for many smaller communities in Central Eastern Newfoundland. It is well known for its colorful aviation and military history and still hosts a busy airport and military base. It has excellent access to recreational activities and walking trails. Residents will spend time working in the James Paton Memorial Hospital which is home to many services including the region's orthopedics service. [www.gandercanada.com](http://www.gandercanada.com)



**Grand Falls-Windsor**, the hub town for Central Western Newfoundland, is situated on a well-loved salmon fishing river, the Exploits. It has multitudes of recreational activities and hiking trails. It has a long history with Memorial University as being one of the largest training sites for medical learners at all levels of training while still delivering one-on-one learning opportunities. It is home to the Central Newfoundland Regional Health Centre. [www.grandfallswindsor.com](http://www.grandfallswindsor.com)