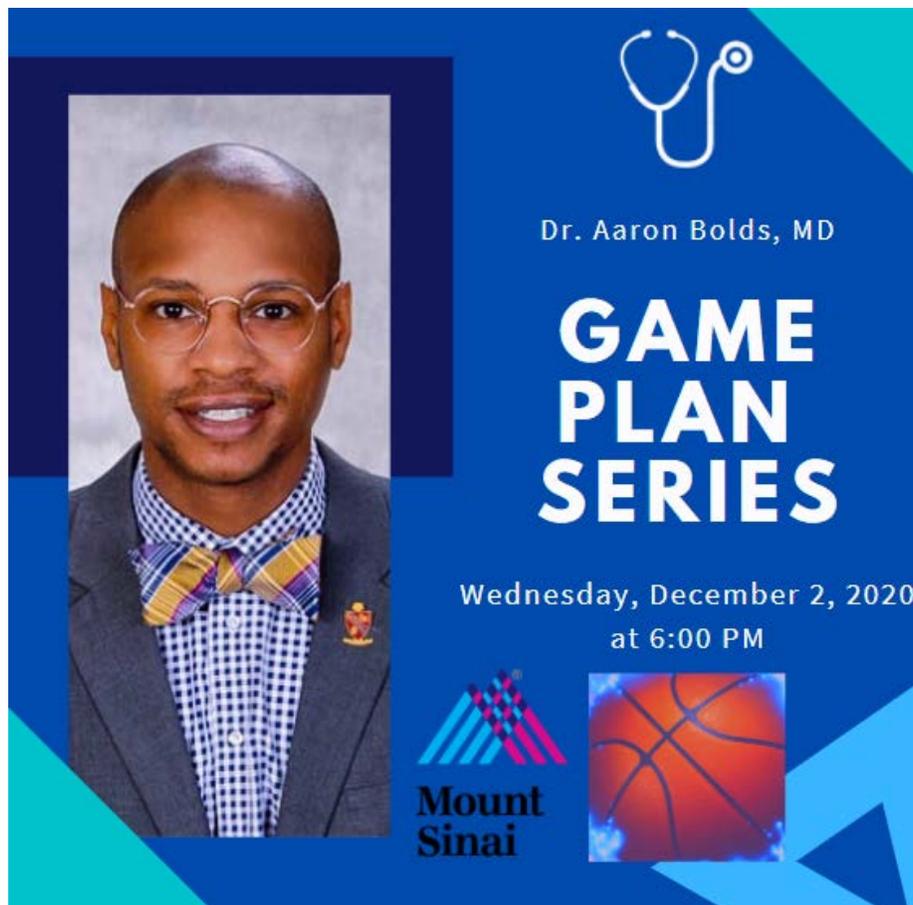


Dear Game Plan Participants,

We want to invite you to participate in our next "Game Plan" series meeting on Wednesday, December 2, 2020, from 6:00 pm – 8:00 pm (virtual format: ZOOM). As we previously mentioned, the idea is that you must have a "game plan" to win in sports, and the same applies to success in academics. Our series will allow you to hear the game plans from former (collegiate and professional) athletes to aid you in your preparation. Our guest speaker is Dr. Aaron Bolds, MD, MBA, a resident at Mount Sinai Health System.



The graphic is a promotional poster for the "Game Plan Series". It features a central portrait of Dr. Aaron Bolds, MD, a Black man with glasses, wearing a grey suit jacket, a blue and white checkered shirt, and a yellow and purple patterned bow tie. To the right of the portrait, there is a white stethoscope icon at the top, followed by the text "Dr. Aaron Bolds, MD" in white. Below that, the words "GAME PLAN SERIES" are written in large, bold, white capital letters. Underneath the title, the date and time "Wednesday, December 2, 2020 at 6:00 PM" are listed in white. At the bottom left of the graphic is the Mount Sinai logo, which consists of a stylized mountain peak in blue and red, with the words "Mount Sinai" in white below it. To the right of the logo is a red and orange basketball icon. The background of the graphic is a dark blue with light blue and teal geometric shapes.

Dr. Aaron Bolds, MD

Biosketch

Dr. Aaron Bolds is an alumnus of Bowie State University, where he completed Biochemistry undergraduate studies in 2012. Dr. Bolds then earned an MD, MBA dual degree from Howard University in 2018 and is currently completing a PM&R residency (Class of 2022 - PGY3) at Mount Sinai Hospital in NYC.

Dr. Bolds was an All-state high school basketball player in North Carolina and was blessed to receive a full athletic scholarship to Lenoir-Rhyne University and won a conference championship freshmen year before transferring to Bowie State University. Due to injuries, personal and family reasons, Dr. Bolds decided to focus on medical school during his junior year. Still, it was the love of basketball that sparked his interest in sports medicine and led him on a journey to becoming a physician for professional and elite athletes.

Dr. Bolds plans to pursue an Interventional Spine and Sports Medicine fellowship. His passion is centered around mentoring and helping young students matriculate into undergraduate and professional programs. Mentoring aligns with his mission to help bridge healthcare inequality gaps and increase the number of minority healthcare professionals. Dr. Bolds plans to open a pain and sports medicine practice and emphasize overall health, fitness, and preventative medicine.