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.

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.