

**College/Program:**

College of Osteopathic Medicine of the Pacific, Doctor of Osteopathic Medicine

**Hometown:**

Fairfax, Virginia

**Undergraduate Institution:**

University of Arizona

**Undergraduate Degree(s):**

Public Health; Minors: Spanish, Biochemistry, Pre-Health  
Thematics, Peace Corps Prep

**Hobbies/Interests:**

Dancing, swimming, yoga, climbing, hiking, reading,  
music, singing

**Previous Career:**

Medical Assistant; Yoga Instructor

## PROFILE

**What inspired you to pursue your health sciences career path?**

My passion for global health was first ignited in high school while on a service trip to the Dominican Republic. While volunteering with the local community building schools and hospitals out of sustainable materials, I witnessed the impact of health disparities and barriers to access on a large

scale. The double burden of malnutrition showed up in the form of food deserts, scarce resources, undernutrition, and obesity. Upon seeing this, I was inspired to pursue a career in public health.

**Describe the biggest challenge you overcame on your path to WesternU.**

The greatest challenge on my journey toward medical school came during my senior year of college. Three months before taking my MCAT, I fell ill with Covid-19 and faced recurring infections for 11 months. I persisted throughout this battle and not only completed my MCAT but graduated from college and applied to medical school. I ultimately needed surgery and spent the following year focused on my healing. By connecting to my health, I persevered and reinforced my passion for medicine.

**Why did you choose to attend WesternU?**

I knew WesternU was the right school for me when I visited the campus on Preview Day. What stuck out to me was the school's focus on community-based

**Cailin  
Callahan**



# Cailin Callahan

## PROFILE CONTINUED

medicine and education. The students are truly here to support each other, and there is a strong sense of camaraderie that extends throughout the faculty and staff. I wanted to be a part of a program where everyone feels seen, valued, and respected, and WesternU was a prime example of that.

### **What is your proudest accomplishment?**

Co-founding Mexzona Medical Services, a student-run free clinic in Mexico, is my proudest accomplishment to date. What started as a small group of college kids has since grown into a team of leaders managing a medical clinic, recruiting volunteers, and providing accessible clinical training for pre-health students. Helping these clinics run after a global pandemic proved that small, sustained efforts can restore hope in others. Mexzona revealed to me my purpose in medicine: showing up consistently for underserved communities.

### **Thank you letter to the Board of Trustees:**

I am writing to express my heartfelt thanks for awarding me the WesternU Board of Trustees Scholarship. As someone pursuing a career in medicine focused on prevention, equity, and whole-person care, I am truly honored and grateful for your support.

Since 2017, I have been financially independent, working multiple jobs and budgeting carefully to make my education possible. The cost of medical school often felt like an insurmountable barrier and at times discouraged me from applying at all. Your generous support has transformed what once felt like a distant dream into a reality. I could not do this without you.

My passion lies in preventive, community-based care that emphasizes mental health, nutrition, and holistic practices. I have combined my global health background with training in yoga, mindfulness, and trauma-informed care. I believe medicine must address root causes of illness and empower patients with tools for long-term wellness—especially in underserved communities.

This scholarship brings me closer to becoming the kind of physician I aspire to be: compassionate, culturally competent, and committed to reducing health disparities. I plan to work in community clinics and border regions, while also contributing to public health and advocacy efforts that expand access to care.

Thank you for investing in my future. Your generosity has lifted a significant financial burden and reaffirmed my belief in a more human-centered vision of medicine. I am inspired to carry your faith in me forward into the communities that need it most.

With sincere appreciation,  
Cailin Callahan, DO '29