While practicing academic emergency medicine full time for the last 32 years, Dr. Carolyn Joy Sachs devoted her non-clinical time to research, leadership in organized medicine, and volunteer work to improving the plight of disenfranchised and victimized populations as well as the wellbeing of her colleagues. She currently serves as chair of the UCLA Domestic Violence Committee, Volunteer Medical Director of a sexual assault forensic examiner program, Homeless Healthcare Collaborative staff physician, and the Wellness Officer for the UCLA Emergency Department. She recently achieved board certification in Lifestyle Medicine and is passionately working on solutions to inherent work hazards impeding emergency physicians' ability to adhere to lifestyle health pillars. She has served on the ACEP Public Health Committee for over 20 years and the Wellbeing committee for the last year.