CENTRE FOR HEART LUNG INNOVATION

BEGINNER'S GUIDE

Your starter guide on how to get the most out of your time at HLI





CENTRE FOR HEART LUNG INNOVATION

The centre is on traditional, ancestral and unceded territories belonging to the Coast Salish people including the territories of the Stz'uminus, šxʷməθkʷəy̓əmaʔɬ təməxʷ (Musqueam), Skwxwú7mesh -ulh Temíx̱w (Squamish), səl̓ilwətaʔɬ təməxʷ (Tsleil-Waututh), S'ólh Téméxw (Stó:lō), Hul'qumi'num Treaty Group, Cayuse, Umatilla and Walla Walla Group.

Room 166
1081 Burrard Street
Vancouver, BC V6Z 1Y6
Canada

P 604.806.8346
F 604.806.8351
E reception@hli.ubc.ca

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WELCOME

The Centre for Heart Lung Innovation (HLI), previously known as iCAPTURE and the James Hogg Research Centre, was established as the Pulmonary Research Laboratory in 1977 by Drs. James Hogg (2013 Gairdner Wightman Award Winner) and Peter Paré. Since then it has grown dramatically in scope, size, and worldwide impact. Basic and clinician scientists work together in an exciting multidisciplinary environment to address vital issues in heart, lung, and critical care disease. Situated within Providence Health Care's St. Paul's Hospital, a University of British Columbia teaching hospital, the HLI is a translational research centre using our basic molecular and cellular research discoveries to develop innovative approaches to prevent and treat human disease through our complementary and connected clinical research.

Our focus is on developing solutions to big challenges: atherosclerosis and heart failure, emphysema and other chronic pulmonary diseases, severe infections such as COVID-19 and multiple organ failure. These diseases are leading causes of morbidity, mortality, and cost to society in Canada and the world. We seek out the underlying causes so that we can develop strategies for prevention and treatment. We link our basic discoveries to improved health care through clinical research, teaching, and by translating new knowledge into clinical practice at St. Paul's Hospital and around the globe. Since disease involves both the patient and the environment, our focus on prevention seeks to understand and prevent those patient-environment interactions that lead to disease and disability.

The Centre for Heart Lung Innovation has a unique multidisciplinary milieu that takes the best attributes of a busy tertiary care hospital (St. Paul's) and combines them with the best attributes of a leading academic institution (UBC) to generate novel insight, knowledge, and solutions. It is not uncommon within the HLI to find a mathematician, a pathologist, a surgeon, and a basic scientist, joining forces to attack otherwise intractable problems. We link basic science with clinical innovation; we link a broad knowledge of inflammation with focused investigation into heart, lung, and critical care disease; we link universities, faculties, and departments together to innovate in ways that otherwise are not possible.

Dr. Don Sin















VISION

Inspired by patients and driven by science, we discover solutions to improve the heart and lung health of the people of British Columbia, Canada and throughout the world.

MISSION

The Centre for Heart Lung Innovation attracts, supports, and connects world class researchers to discover patient-centered therapeutic and biomarker solutions to improve cardiovascular and respiratory health.

VALUES

Excellence — we make impactful and meaningful contributions to research and education by taking a patient-centered innovative approach.

Innovation — we value novel ideas and approaches to solving the most challenging heart and lung health problems.

Integrity — we ensure that our research and work relationships are driven by ethics and honesty.

Compassion — we are advocates for health and show empathy and respect towards others.

Collaboration — we take a diverse interdisciplinary approach to discovering and expanding knowledge through our key partners.

Equity — we are committed to integrating diverse perspectives and approaches that promote a culture of respect, fairness and inclusivity.

St Paul's Foundation

Centre for Heart Lung Innovation
UBC and St. Paul's Hospital

The University of British Columbia



FIRST DAY CHECKLIST

Congratulations on being the newest member of HLI! The first day might be daunting, but it doesn't have to be. Depending on your project, you may need to attend additional training.

For more information, contact your lab manager or supervisor, or reach out to our workplace operations director, Beth Whalen.

E beth.whalen@hli.ubc.ca

INSTITUTIONAL TRAINING

Self-enroll in the following mandatory modules at your university (UBC, SFU, etc)

- ☐ Worker Safety Orientation
- ☐ Preventing and Addressing Workplace Bullying and Harassment
- ☐ Workplace Violence Prevention
- ☐ Privacy and Informational Security (part I & II)
- ☐ Introduction to Laboratory Safety (for lab placements 4 months or less)
- ☐ Chemical Safety Course (mandatory for all wet lab work)
- ☐ Biological Safety Course (mandatory for all wet lab work)
- ☐ Radioisotope Safety Course (mandatory for radioisotope work)

HLI TRAINING

Self-enroll in the following mandatory courses at HLI

- ☐ PI/core lab specific orientation
- ☐ Tissue Culture Orientation (mandatory for all tissue culture work)
- ☐ Transportation of Dangerous Goods by Ground and Air + Class 6.2—infectious substances (mandatory for shipping human specimens)

HUMAN ETHICS

Self-enroll if your project is related to clinical research

- ☐ Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans Course on Research Ethics (TCPS2: CORE 2022)
- ☐ VCH & PHC Privacy Training
- ☐ VCH & PHC Confidentiality Undertaking for Researchers

IMPORTANT LINKS

NEW HIRE FORMS

EMAIL

PARKING



ADDITIONAL RESOURCES

UBC—GRAD STUDENT ORIENTATION RESOURCE

This page contains resources for domestic, international and indigenous students ranging from living on campus to career and professional development.

SFU—GRAD STUDENT ORIENTATION RESOURCE

This page contains resources for domestic and international students ranging from scholarship opportunities, the academic calendar, and health & wellbeing.

OFF-CAMPUS HOUSING

This page contains resources for everyone looking for reliable housing in Vancouver.

STUDENT LIFESTYLE

Looking for social events or discounted packages to explore what Vancouver has to offer? The UBC GSS provide opportunities for you to immerse yourself in Vancouver culture while being able to meet other grad students outside of HLI.

VANCOUVER LIFESTYLE

An alternative to the UBC GSS is Let's Adventure Vancouver. Their meetup events provide you with a way to make friends in Vancouver while exploring what the city has to offer all year round.



LOOKING TO GET INVOLVED

EDUCATION

The training, environment and education committee aims to enhance the working environment by creating a positive, synergistic and collaborative atmosphere between staff and students.

E education@hli.ubc.ca



COMMUNICATIONS

The communication committee aims to foster academic community by promoting and enhancing the dissemination of research performed at HLI.

E communications@hli.ubc.ca



EDI

The equity, diversity and inclusion (EDI) committee implements educational programs to empower all members and provide leadership at HLI in areas of professionalism, anti-racism and anti-discrimination.

E edi@hli.ubc.ca



TRAINEE ASSOCIATION

The trainee association aims to enhance the training environment by promoting wellness and connection, creating opportunities for professional growth, and providing education in support of academic and career success through mentorship and scholarship.

E trainees@hli.ubc.ca



TAKE SOME TIME TO YOURSELF

Work can be frustrating and wear you down, but that doesn't mean you have to face it alone. Reach out and get the help you need. Below are some resources from HLI, UBC and SFU available to staff and students. If you have an idea for a workplace wellbeing initiative, reach out to our workplace well-being ambassador, Beth Whalen.

E beth.whalen@hli.ubc.ca



MENTAL HEALTH

Need someone to talk to? UBC and SFU offer 24/7 mental health support lines to staff and student to talk to professionals anonymously and confidentially.

W here2talk.ca

W crisiscentre.bc.ca
P 1.800.784.2433

W hr.ubc.ca/health-and-wellbeing

W sfu.ca/human-resources/rtw-dm/Mental_Health_Information.html

HUMAN RESOURCES

Are you or anyone you know experiencing unwanted behaviour at HLI? Contact human resources to discuss your options. Alternatively, UBC and SFU also provide several options for support.

E kate.paran@phc.ca

W bullyingandharassment.ubc.ca
E communications@hr.ubc.ca

W equity.ubc.ca
E humanrights@equity.ubc.ca

W sfu.ca/bullying-harassment.html
E bhinfo@sfu.ca

INDIGENOUS MENTAL HEALTH

If you self-identify as a part of the Indigenous community (First Nations, Inuit or Métis), you can access additional support through community resources such as the Indigenous Mental Health and Wellbeing program as well as the Hope for Wellness Help Line.

W students.ubc.ca/health/counselling-services/indigenous-mental-health-wellbeing-program

W sfu.ca/students/indigenous/wellness.html

W hopeforwellness.ca



AVAILABLE FACILITIES

Need a particular instrument, piece of equipment, or sample for your research? At HLI, you may access a wide selection of valuable resources. Training is available on many instruments. To request training, contact one of the following facilities. Refer to the intranet for more up-to-date information or reach out to the operational director, Claire Smits.

E claire.smits@hli.ubc.ca

BIOBANKS

E biobank@hli.ubc.ca

Bruce McManus Cardiovascular Biobank
E gurpreet.singhera@hli.ubc.ca
P 604.682.2344 ex 63544

James Hogg Lung Biobank
E darren.sutherland@hli.ubc.ca
P 604.682.2344 ex 63146

- Tissue and sample archiving
- Gross and microscope specimen imaging
- New expanded formalin storage facilities



CELL CULTURE

E gurpreet.singhera@hli.ubc.ca
P 604.682.2344 ex 63544

- Continuous cell lines
- Animal and human primary cultures
- Viral tissue and cell culture
- Cardiac stem cell

CELLULAR IMAGING & BIOPHYSICS

E cib@hli.ubc.ca
E aaron.barlow@hli.ubc.ca
P 604.682.2344 ex 63419

- Automatic tissue processing capabilities
- Nikon model XTH225ST micro computed tomography
- Pelco BioWave microwave processor
- Image processing work stations
- Wide field fluorescence microscope
- Leica upright fluorescence microscope with fast confocal scanner and CCD camera
- Leica inverted fluorescence microscope with confocal scanner
- Tunable ultra-short pulse infrared laser for two-photon excitation microscope

IMAGING SERVICES

E imaging@hli.ubc.ca
P 604.682.2344 ex 62094

- Digital slide scanning
- Poster and banner printing

HISTOLOGY

E histology@hli.ubc.ca
E amrit.samra@hli.ubc.ca
P 604.682.2344 ex 63546

- Automatic tissue processing capabilities
- Nikon model XTH225ST micro computed tomography
- Pelco BioWave microwave processor
- Image processing work stations
- Wide field fluorescence microscope
- Leica upright fluorescence microscope with fast confocal scanner and CCD camera
- Leica inverted fluorescence microscope with confocal scanner
- Tunable ultra-short pulse infrared laser for two-photon excitation microscope
- Tissue processing
- Sectioning
- Staining



INFORMATION TECHNOLOGY

E helpdesk@hli.ubc.ca
E joe.comeau@hli.ubc.ca
P 604.806.8659

- Advanced computing services
- Hosting of physical servers, virtual servers
- Secured and controlled access
- Long term storage
- Custom database and data management services
- Secure web development

MOLECULAR PHENOTYPING

E mpcl@hli.ubc.ca
E beth.whalen@hli.ubc.ca
P 604.682.2344 ex 63535

- NanoString nCounter Analysis System
- Applied Biosystem QuantStudio 6 Pro Real-Time PCR System
- Luminex 200 System
- Beckman Coulter MoFlo Astrios EQTM High Speed Cell Sorter
- Beckman Coulter Gallios TM Flow Cytometer
- Siemens Advia 2120i Hematology Analyzer
- SpectraMax i3 and iD3 Multimode Plate Readers
- NanoDrop 8000 Spoectrophotometer
- Agilent 2100 Bioanalyzer
- Technical Support & Biobanking Services

MAGNETIC RESONANCE IMAGING

E mri@hli.ubc.ca
E rachel.eddy@hli.ubc.ca
P 604.806.8346

- Siemens Vida 3.0 Tesla MRI scanner
- Polarean 129Xe Hyperpolarizer

PRECLINICAL SERVICES

E gem@hli.ubc.ca
E oscar.seiraoriach@hli.ubc.ca
P 604.806.8852

- Contract animal research projects
- Flexivent lung function system
- DSI telemetry
- Visualsonics echocardiography
- Mouse specifics gait analzyer
- Level II containment suite
- Colony management services
- Microsurgical / tech services

ANNUAL · EVENTS

HLI values community and hosts numerous annual events, ranging from professional development to holiday celebrations. Keep an eye out for the next event in your inbox or subscribe to the HLI calendar on pg 13



LUNAR NEW YEAR

February — Welcome the arrival of spring and the start of the lunisolar calendar through good company and festivities. While this event is wildly celebrated in East Asia, the invitation is open to everyone.







PINK SHIRT DAY

February — At HLI, bullying is not tolerated. That's why we proudly celebrate pink shirt day to promote courage and stand against bullying.







SUMMER BBQ

August — Want a break from the lab and soak in the sun? Every summer, HLI hosts an outdoor BBQ event where you can enjoy grilled meat or vegan burgers and hotdogs with your labmates and all members of HLI. It's a great opportunity to meet everyone and participate in exciting outdoor summer activities.

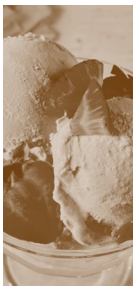












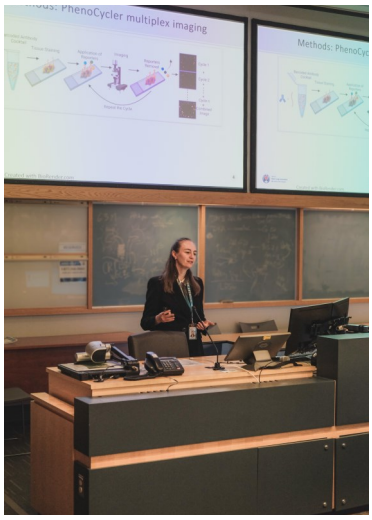




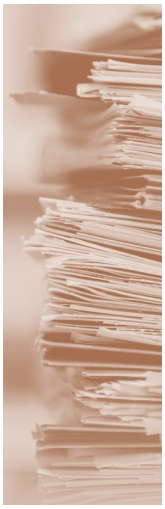



HEALTH & SAFETY

July & August — Want to learn how to prioritize safety for yourself and others followed by indulging sweet treats during a hot summer day? Health & Safety program is filled with exciting workshops that aim to teach and raise awareness in wellness and safety. This event typically occurs in the latter half of the summer.







RESEARCH DAY

August — Research day is a day long event that occurs at end of summer. This event provides summer students an opportunity to showcase their exciting projects through an oral or poster presentation. This is a great way to see all the interesting and complex work that happens in all the different labs at HLI!






HALLOWEEN

October — What's more exciting than getting that P-value < 0.05? Treats, of course! Grab your labmates and dress up in your spookiest or funniest costumes.





WINTER PARTY

December — Celebrate the holidays with your labmates and join us for our annual winter parties filled with laughter and merrymaking over good company and food.

COMMUNITY · EVENTS

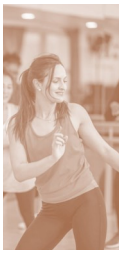
HLI also hosts many other events to build community within the facility. Be sure to keep an eye out for these exciting events as well! Subscribe to the HLI calendar on pg 13.



CARDIO

Looking to feel energized? At HLI, we host several dynamic physical events that are available to all levels. Join us in one of our events to learn more about mental and physical health while also enjoying a laugh or two with your buddies. These events will surely get your heart pumping and lungs working.






BIKING

Looking for a challenge while also contributing to a good cause? Open to all levels, join our biking team and experience Vancouver in a new perspective on the open roads.





SOCCER

Soccer is also a great way to keep active. Grab your labmates for a friendly competition underneath the beautiful Vancouver skies.











COOKING

Food is more delicious when you make it with friends. You don't have to be Gordon Ramsay to participate! Learn how to make delicious, healthy meals with your labmates and other HLI members.



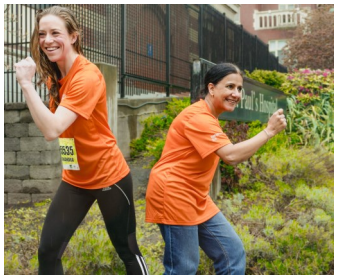




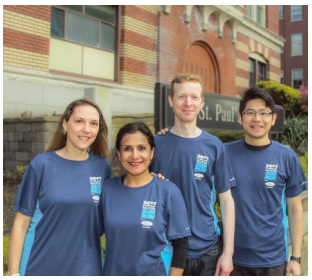


VAISAKHI AND NOWRUZ

At HLI, we also welcome spring by celebrating an important date in the Sikh and Persian calendar. Vaisakhi is a harvest festival that marks the ripening of the rabi harvest while Nowruz marks the astronomical vernal equinox and the first day of the Iranian Solar Hijri calendar. Invite your labmates and come celebrate with us through food, song and dance!









SUN RUN

Craving a way to run away from the rainy weather? Open to all levels, join us in the annual Vancouver Sun Run and contribute to a good cause.









SNOWSHOE HIKE

Active life isn't just limited to summer. Here at HLI, we also host activities that'll keep you warm throughout the winter. Open to all levels, join us and take trips out of the city and enjoy the breathtaking views nature has to offer while enjoying the company of other HLI members over a cup of hot tea or chocolate. Just be sure to bring a warm jacket and waterproof pants!

CALENDAR SUBSCRIPTION

To keep up to date with on-going HLI events and excitement, subscribe to the online calendar below. The QR code provides ical links which can be copied and pasted onto your preferred calendar system (ie. Outlook, Google or Apple Calendar, etc…). Manual links are also provided below.



HLI

This calendar comprises of educational events such as Research in Progress Series(RIP), Structure and Function Seminar (S&F), pathology courses (PATH), as well as Friday seminars.

W: https://ics.teamup.com/feed/ksrjdg4mtm3xvxkcgz/12959361.ics

EDI

This calendar contains EDI-related events such as social events to raise awareness for minority groups and educational workshops for creating inclusive spaces and establishing meaningful relationships.

W: https://ics.teamup.com/feed/ksrjdg4mtm3xvxkcgz/12959355.ics

TAHLI

This calendar contains trainee associate events such as social activities & development workshops.

W: https://ics.teamup.com/feed/ksrjdg4mtm3xvxkcgz/12959360.ics

TEE

This calendar contains educational and social events such as mental wellness and wellbeing workshops.

W: https://ics.teamup.com/feed/ksrjdg4mtm3xvxkcgz/12959356.ics



EVENT CHECKLIST

Got an idea for hosting an HLI event? Refer to the checklist below to help guide you to a successful event. For any questions, reach out to either the TEE, EDI or TAHLI committee.

E education@hli.ubc.ca
E edi@hli.ubc.ca
E trainees@hli.ubc.ca

PRE-EVENT

- ☐ Food: cater different options for people with food sensitivities and preferences (ie. vegetarian, vegan, gluten-free, nut-free, dairy-free, etc)
- ☐ Advertisement: send promotional material with information about the event to reception@hli.ubc.ca (ie. dates, location, etc)
- ☐ Room logistics: book the venue and necessary materials (ie. chairs, attendance sheets, tables, etc)
- ☐ Volunteers: recruit individuals to help with the event (ie. MC, setup, clean-up, support buddy, photographers, etc)

ROOM BOOK

DAY OF EVENT

- ☐ Food: ensure food are labeled with food sensitivities. If you can, include the ingredients
- ☐ Photography: let guests know if you're recording or taking pictures prior to starting. If space allows, setup an area for no-photograph zone
- ☐ MC: initiate the event, provide opening and closing remarks (ie. Land acknowledgement, speaker introductions, etc)

POST EVENT

- ☐ Clean-up: return all borrowed materials, pick-up any trash and bring any leftovers to the lunchroom

LOCAL EATERIES

Whether you're looking for a delicious, affordable and healthy meal after a series of experiments or catering for the next event, look no further than the list below for some exciting local cuisines.

Other options also include the local farmer's market and if you're a UBC student, you can also enjoy fresh goods on campus.

W eatlocal.org
W ubcsprouts.ca

SALMON N'BANNOCK
1128 WEST BROADWAY ($$)

Indigenous — This bistro specializes in indigenous flat bread (Bannock), jam and salmon. Their Bannocks serves as a great snack for events.

LATIN SQUARE
1105 DAVIE ST ($)

Latin — This café offers delicious snacks, pastries and special drinks. They also provide a 10% discount for hospital workers!

LOFT LOUNGE
1184 DENMAN ST ($)

Jamaican — Looking for a delicious light snack to share? This Jamaican restaurant serves Jamaican patties and delicious plantains.

GURKHA HIMALAYAN KITCHEN
1141 DAVIE ST ($$)

Nepalese — Ranging from curries and traditional plate to Nepali chili, this restaurant will surely keep you warm during the cold season.

MANOUSH'EH
620 DAVIE ST ($)

Mediterranean — This restaurant specializes in Lebanese flat breads topped with a blend of herbs that are perfect for sharing.

SAMURAI SUSHI
1108 DAVIE ST ($$)

Japanese — This restaurant offers a range of traditional and fusion dishes. They offer great lunch and dinner options or large party trays.

PHO GOODNESS
1150 DAVIE ST ($)

Vietnamese — In the mood for home-cooked meals? This restaurant is a good alternative that brings home to you. They serve warm pho along with salad rolls and sandwiches (Banh Mi).

THAI BASIL
1215 THURLOW ST ($)

Thai — A quick walk from the hospital, this restaurant offers many affordable and tasty meals including lunch specials and frozen meals for those late nights.

NEW TOWN BAKERY
148 E PENDER ST ($)

Chinese — Looking for a filling snack or meal? This bakery is beloved by locals as they sell steam buns and dim sum at affordable price.

THE FILIPINO NOODLE JOINT
180 KEEFER ST ($)

Filipino — This hole in the wall serves a variety of delicious Filipino cuisine. Their catering service is also perfect for large events.

KINARA INDIAN CUISINE
1326 DAVIE ST ($)

Indian — Another spicy alternative is this restaurant that specializes in curries. They have plenty to offer, ranging from daily specials to a three-course meal for two!

SHARED LIST



TRANSPORT

Aside from transit, another form of travel that is available to members of HLI is the inter-hospital shuttle. Shuttles run every half hour starting at 7:05 AM to 5:05 PM. Be sure to inform the driver if you're transferring shuttles. For more information, visit the inter-hospital shuttle bus schedule at UBC or scan the QR code below.



Leave St. Paul (Comox Entrance)	Transfer at VGH	Leave BCCA	Leave GF Strong	Leave Children's Emergency	Arrive at Youville Residence
7:05 AM	7:17-7:22 AM	7:15 AM	7:26 AM	7:29 AM	7:33 AM
7:35 AM	7:45-7:52 AM	7:45 AM	7:56 AM	7:59 AM	8:03 AM
8:05 AM	8:17-8:22 AM	8:15 AM	8:26 AM	8:29 AM	8:33 AM
8:35 AM	8:47-8:52 AM	8:54 AM	8:56 AM	8:59 AM	9:03 AM
9:05 AM	9:17-9:22 AM	9:15 AM	9:26 AM	9:29 AM	9:33 AM
10:05 AM	9:47-9:52 AM	9:45 AM	9:56 AM	9:59 AM	10:03 AM
• • •					
2:35 PM	2:47-2:52 PM	2:45 PM	2:56 PM	2:59 PM	3:03 PM
3:05 PM	3:17-3:22 PM	3:15 PM	3:26 PM	3:29 PM	3:33 PM
3:35 PM	3:47-3:52 PM	3:45 PM	3:56 PM	3:59 PM	4:03 PM
4:05 PM	4:17-4:22 PM	4:15 PM	4:26 PM	4:29 PM	4:33 PM
4:35 PM	4:47-4:52 PM	4:45 PM	4:56 PM	4:59 PM	5:03 PM
5:05 PM	5:17 PM parked	5:15 PM			

FULL SCHEDULE



DIRECTORY

CONTACT

Human Resources
Kate Paran **E** kate.paran@phc.ca
Chris Robinson **E** chris.robinson@phc.ca

Operations Director
Beth Whalen **E** beth.whalen@hli.ubc.ca

Education & Safety Coordinator
Ivan Leversage **E** ivan.leversage@hli.ubc.ca

Equipment Maintenance Manager
Andy Diewald **E** andy.diewald@hli.ubc.ca

EMERGENCY NUMBERS

Lost Card	68323
Housekeeping Call Centre	61191
First Aid/Security (emergency)	5800
Security (non-emergency)	4777
SPH Occupational Health Nurse	68454
Medical (code blue)	7111
Fire (code RED)	7111
Hazardous Spill (code BROWN)	7111
Aggression (code WHITE)	7111
Fire, Ambulance Hazmat & Police	911
BC Drug & Poison Information Centre	62126
Plant Operations Emergency pager	34000
Health, Safety & Environment	604.822.2029

INTRANET

The HLI homepage is a valuable resource that contains additional information and significantly more details than provided in this guide. For additional help, refer to the resources below.

W home.hli.ubc.ca
W home-out.hli.ubc.ca

HELP DESK

Do you require assistance or support with an equipment? For non-urgent issues, file a ticket online and it will be assigned to the proper channel!

W helpdesk.hli.ubc.ca/ehelpdesk/login.glml
E helpdesk@hli.ubc.ca
P 604.806.8659

MCDONALD OPERATING MANAGEMENT

The MOM service is an urgent emergency support system which consists of members that tackle day-to-day laboratory issues and problems pertaining to the facility and equipment maintenance.

E MOM@hli.ubc.ca
P 604.813.0476

Letter from the Editor



Starting a new chapter is exciting and thrilling but can also be equally as daunting. That's how I felt when I first started at HLI. With so many new events and exciting workshops, it's sometimes hard to keep up. This is why I've decided to design this magazine as a place to give incoming members a glimpse of the many resources and opportunity the center can offer. This guide is not meant to be a holy grail but rather another resource to help guide your way towards the supportive community at HLI.

I would like to give a huge thanks to the following list of incredible and talented people for helping contribute to the first issue of the HLI starter guide and making all of this happen: Aileen Hsieh, Arianne Brown, Basak Sahin, Beth Whalen, Bradley Quon, Brandon Kohlen, Chris Robinson, Claire Smits, Dean English, Don Sin, Elizabeth Guinto, Eric Xiang, Evan Phillips, Fatemeh Aminazadeh, Firoozeh Gerayeli, Graeme Koelwyn, Gurpreet Singhera, Hattie Luo, Ivan Leversage, Jeremy Parker, Josie Tuong, Kate Huang, Michael Wu, Mike Pratas, Raveen Badval, Sarah Bradwell, Scott Tebbutt, Vivienne Chan and Zachary Laksman. Without these wonderful people, none of this would be possible.

I'm so grateful to have had this opportunity to learn and grow and I hope you all enjoy this resource and have an amazing time at HLI.