

## New Brunswick Nursing Award Recipients

### 2023 Award Recipient, Michael Anaba



From a young age, my heart was set on helping people during their most difficult moments. Therefore, becoming a nurse was a path for me, as it would allow me to truly make a difference in my patients' lives and contribute to better healthcare for all. I have been fortunate to work as a Registered Nurse in both Ghana and Canada, and these cross-country experiences have fueled my passion to address health inequalities head-on. That's why I decided to pursue a master's degree in Epidemiology, which equipped me with valuable tools to tackle healthcare challenges.

Now, I am pursuing doctoral studies at the University of New Brunswick. My research focuses on understanding how nature-based experiences can improve the well-being of refugee youth. I believe that by uncovering these insights, we can create wellness programs that address the social and health gaps these young people face in Atlantic Canada. I am deeply grateful to the Canadian Nurses Foundation for supporting my doctoral studies through the New Brunswick Nursing Award. With this support, I hope my research can lead to positive changes in the lives of those who need it most.

My journey as a nurse is a testament to the power of passion and dedication to making a real difference in the lives of others. I can't wait to see where this journey takes me next, as I continue to strive for a brighter and healthier future for everyone.