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CANADIAN ACADEMY OF
GERIATRIC PSYCHIATRY

ACADÉMIE CANADIENNE
DE GÉRONTOPSYCHIATRIE

25th ANNUAL SCIENTIFIC MEETING
SEPTEMBER 30 - OCTOBER 1, 2016
HOTEL PUR QUEBEC
QUEBEC CITY, QUEBEC
CAGP.CA

Cindy Forbes **MD, CCFP, FCPC** Past President 2016-2017



Originally from Dartmouth, Nova Scotia, Dr. Cindy Forbes has been a practicing family physician for over 28 years. Initially interested in teaching, she completed a Bachelor of Science degree in Health Education at Dalhousie University in 1980 and was a recipient of the Dalhousie University Medal for Academic Achievement. Actively involved with the CMA for many years, Dr. Forbes chaired CMA's Committee on Health Care and Promotion and was a member of CMA's Political Action Committee before being elected President.

With a passion for health and wellness, Dr. Forbes decided to pursue a career in medicine. She obtained her MD from Dalhousie University's School of Medicine in 1985 where she was President of her graduating class. Dr. Forbes went on to practice family medicine in Bedford, Nova Scotia and quickly became actively engaged in the work of Doctors Nova Scotia where she ultimately became President from 1996–1997. Following her term as Past President, Dr. Forbes moved with her family to North Vancouver, British Columbia, where she practiced as a family physician for three years before returning to Nova Scotia and joining her current family practice in Fall River. During her time in British Columbia, she also served on the BCMA's Council on Health Care and Promotion and the Tobacco and Illness Prevention Committee.

A dedicated clinician with a genuine desire to work with her colleagues to enhance the medical profession, advocate for healthy living and improve the quality of the health care system, Dr. Forbes has been an active member in the medical community in addition to practicing as a family physician over her career. She is a former Sport Nova Scotia spokesperson for the "Sports Makes a Difference Campaign", and has served as chief medical officer for the Bluenose Marathon. She was also previously host of CTV-CMA "Medical Minutes" health promotion features for CTV News Channel.

Recently, Dr. Forbes has been actively engaged with the NS College of Physicians and Surgeons, Doctors Nova Scotia, the Dalhousie Medical Alumni Association and the CMA. She is currently a member of the Doctors Nova Scotia's Master Agreement Steering Committee, and for the past eight years, she has also served as a medical consultant for Medavie Blue Cross's medication advisory panel.

Today, Dr. Forbes lives in Waverley, Nova Scotia with her husband Greg and is the proud mother of two daughters. She is an active paddler and volunteer with the Cheema Aquatic Club. She is an avid runner and an aspiring golfer.