

Member of the Month – April 2022



NAME: Shannon Holsen, MD

Undergraduate School: NDSU

Medical School: UNDSMHS

Residency: Altru Grand Forks

Any additional training: Currently a part of the AAFP LPW program

Current Position/Practice Location: Family Medicine, full spectrum at Altru Grand Forks

Family: Married to Mark with our 3 amazing children Brayden (9), Ellianna (5), and Jackson (3). We have 2 dogs Missy and Riley.

Family Medicine Questions: (please answer 3)

1. Why did you choose Family Medicine? I feel like it chose me. I love being able to take care of all ages and constantly learning and helping others in a variety of different ways.
2. Who is someone along your path that inspired you and why? My grandfather: He was always happy, He was a social man, he would spread joy and a kid at heart. He was a great leader and was always involved in the community. Everywhere we went people knew him and had great respect for him.
3. If you weren't a physician, what do you think you would be doing? Teacher or Wellness coach
4. What is the best part of your current position/practice? My amazing partners, always learning and helping others.
5. What advice would you give to a young physician starting out? Take time for yourself. In order to give the best care to others, we must also learn to care for ourselves. Make this a priority and schedule it in if you need to.

Fun Questions: (please answer 3)

1. Where's your favorite place in the world? Too many to list. Somewhere connected to nature, being in Alaska and at a beach with snorkeling and soft sand are probably at the top of the list. Also, Disney as I love seeing the smiles on my kids' faces and the innovation and creativity that Walt Disney had brought to life.
2. If you could be an animal, which would it be? A bird, so I could fly or travel almost anywhere.
3. The last book you read? The more of Less
4. What are you currently binge watching? Bridgerton, The World's Most Amazing Vacation Rentals, and Down to Earth with Zac Efron
5. How many states have you visited? 20, hopefully will be 22 by the end of the year