Residency training can evoke a variety of challenges including physical and emotional burnout, lowered mood, feelings of inefficacy and social disconnection. As residents spend a majority of their time in the clinical setting, residency naturally creates a community which can be a major sponsor of wellness. Our primary objective is to enhance resident wellness behaviors and explore resident stress recognition and management through resident focused wellness activities and workshops. We surveyed the residents to obtain a baseline understanding of resident wellness behaviors including their physical, mental, spiritual, and emotional wellness. We used the Standardized Perceived Stress Scale from the American Sociological Association to measure the residents’ perception of their own stress prior to the initiation of our Wellness Program, and found their perceived stress to be higher than the national average. Based on resident interest we have offered wellness activities including guided mediation, yoga, healthy cooking classes, pedometer club, and group fundraising. We have led workshops to discuss trainee depression recognition and available counseling services, sleep behaviors, time management, as well as financial guidance. We will be conducting our post survey with the residents in early March to measure changes in their wellness habits and stress levels, but we have already noticed some positive changes. Residents have taken their own initiative to create wellness charts to document their health promoting behaviors and we have had a positive response to our events. The Wellness Program is novel to our program this year and we see promising advancements for the future.