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STUDIO ART | FALL 2023

## Pace Yourself

By Medha Cherabuddi



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**Medha Cherabuddi was born and brought up in San Jose, California, and moved to Hyderabad, India, with her family at age nine. After growing up with the best of both worlds, she completed medical school in India and moved to Detroit, Michigan, during the peak of the pandemic to begin her Internal Medicine residency at Henry Ford Hospital. Discover more: [@MCherabuddi](#)**

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