

## **Dr. Stephen Major, MD**

Dr. Stephen Major is a family physician who has practiced medicine in Newfoundland and Labrador for almost 30 years. He was born in St. John's to parents Rev. Carl Major, an Anglican minister from Stephenville, and Norma Scott from Bay L'Argent on the Burin Peninsula. Throughout his childhood he travelled with his family, living in Antigua, Toronto, Whitbourne, Trinidad and Tobago before attending High School in Bay Roberts.

He attended Memorial University and graduated from medical school in 1993, followed by a residency in family medicine. He then moved to Bay Roberts and practiced as a full-service family physician for four years. In 1999, Dr. Major relocated to St. John's and started his practice at the Campbell Medical Group where he continues to practice to this day. Outside of his regular clinic hours he reserves one day a week for visiting his patients in nursing homes and making house calls. He has also spent more than 20 years working as an emergency room physician, taking a hiatus in 2023 while serving on the Board of the Newfoundland and Labrador Medical Association (NLMA).

Dr. Major is one of three physicians in his immediate family. His brother Dr. Adrian Major is a radiologist and Dr. Andrew Major, a past president of the NLMA, is an anesthetist. In 2017, Dr. Major met his wife, a nurse practitioner who works in Indigenous communities in Manitoba with First Nations, while on a mission trip to Haiti with Team Broken Earth. They have three adult sons, two of whom live in British Columbia.

Outside of medicine, Dr. Major has many interests and hobbies, including woodworking, carving and whittling. He also enjoys many outdoor activities, such as hiking, fishing, hunting, kayaking and gardening. Dr. Major has a significant passion for wellness and mental health, both of which are important in his day-to-day life and in his practice as a family physician. He is also a trained yoga instructor and has taught at MODO yoga studio in St. John's.

Dr. Major says his life's mission is: To Be Peace and, with love, help others to find Peace.

On June 8, 2024, Dr. Major was installed as President of the Newfoundland and Labrador Medical Association. During his term, Dr. Major will focus on addressing recruitment and retention challenges in the province that are impacting patient's ability to access timely medical care.