

# Meet your Care Team at the Stay Well Health Center



**Roger Cisneros** is our Clinic Operations Manager. Roger received his BA from NM Highlands University where he majored in Exercise Physiology and minored in Health Education.

Since graduation he has worked across a wide variety of disciplines such as: Physical Therapy, Occupational Medicine, Human Resources, Urgent Care, and most recently, Pediatric & Family Practice. Roger brings with him eleven years of Outpatient Clinic Management experience, along with four years of Labor Relations experience. As a lifelong resident of Northern New Mexico, Roger continues to happily serve the Santa Fe Community as he has done for over 20 years.



**Barbara King** is an ANCC-certified Nurse Practitioner with the SWHC. She believes listening is one of the most powerful skills a provider can offer. By understanding patient's circumstances and beliefs during an illness, she can better assist them to make informed decisions regarding their health through lifestyle. Barbara empowers the patient through education regarding acute or chronic illness and teaches specific ways the client can participate in improving their personal wellness or recovery.

Before her 13 years as a Nurse Practitioner, Barbara worked as a Registered Nurse for over two decades. She is also a yoga instructor, licensed massage therapist and a Healing Touch practitioner, and a AHA Basic Life Support instructor.



**Abby Rodriguez** is a Nurse Practitioner at the SWHC. She believes in optimizing a patient's health by promoting healthy lifestyle change. Abby received her Bachelor's Degree in Nursing from the University of Iowa and her Master's Degree in Nursing from UNM.

Abby brings experience of family medicine, urgent care and integrative medicine with her to the SWHC. Her focus is integrative medicine, preventative medicine and urgent care.



**Carla Gordan** is a Nurse Practitioner with the SWHC. She feels providing holistic patient-centered care, developing ongoing relationships, and partnering to improve health and wellness is important. Carla received her M.S. in Nurse-Midwifery and Post-Master Certification in Nurse Practitioner-Family at UNM.

Carla has practiced nursing right here in Santa Fe. Her goal with each patient and family is to ensure that they are well-informed, and empowered to make beneficial choices to improve health and their quality of life.



**Theresa Gutierrez** is a Nurse Practitioner with the SWHC with over 22 years of experience. Theresa serves on the Board of Directors of the NM Nurse practitioner Council, helping to keep Nurse Practitioners informed regarding changes in practice and upcoming legislative processes.

Theresa holds a genuine interest in chronic disease management and as a native New Mexican, she is proud to be able to give back to the community by improving the health of her patients and their families.



**Crystal Cook** is a Registered Nurse with a Master's of Science in Exercise Science/Rehabilitation and working towards her BS in Nursing. She believes in creating a proactive approach to health and wellness by helping clients find a healthy balance between work, family and lifestyle choices to improve the client's overall quality of life.

Crystal began her career as a personal trainer, then went on to a position where she designed and implemented worksite health and wellness programs. Crystal has also worked as an EMT as well as an RN in the Emergency Department of a local NM hospital.