

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 Stay Well Health Center. 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 Stay Well Health Center. 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 Stay Well Health Center. Her focus is integrative medicine, preventative medicine and urgent care.



Carla Gordan is a Nurse Practitioner with the Stay Well Health Center. 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



Deirdre Holmes is the newest edition to our medical staff at the Stay Well Health Center. She has 27 years combined experience as a Registered Nurse and Nurse Practitioner (16 as RN and 9 as an NP). Deirdre graduated in 2007 with a Master of Science from Florida Atlantic University in Boca Raton, FL and is a Certified Nurse Practitioner with advanced clinical training in Emergency Medicine. Her work experience includes Emergency Medicine and Family Practice.