

# Meet your care team.

## City of Palm Beach Gardens Health & Wellness Center is pleased to introduce your care team.



### **John Shedd, MD**

Dr. John Shedd is from St. Petersburg Beach and currently lives in Palm Beach Gardens, FL. He graduated from the University of Florida College of Medicine. Dr. Shedd completed his residency in Family Practice, but his career path followed Emergency Medicine. Due to his interest in wellness and prevention medicine, Dr. Shedd transitioned to onsite health and wellness, including occupational medicine. His approach to wellness is based on beneficial lifestyle choices. Although many patients require medical intervention, he believes that optimization of diet, exercise and gratitude are basic to well-being. Dr. Shedd states his primary role as a physician is to develop a trusting relationship with his patients.

He is married with two children and two dogs. His interests include free diving, spearfishing and Vinyasa yoga. He is a safety supervisor for Performance Freediving International and was the team physician for the 2018 U.S. National Spearfishing Team.

Services our care team is here to help you with include: Annual physicals, Preventive exams, Chronic condition management and Biometric screenings.



### **Teena White, DNP, APRN**

Teena White, Nurse Practitioner, earned her Doctorate degree in Nursing with a Certificate in Public Health from the University of Florida. She has been a Family Nurse Practitioner since 1999 with a background in Employee Health and a Professor of Nursing since 2003. Teena has been a resident of Martin County since 1980 and serves on multiple boards including the Martin County Health Facilities Authority, Martin County Health County Review Board, Health Council of Southeast Florida and is the current Vice-President of the Nurse Practitioner Council of the Treasure Coast.



### **Bree Warner, RT(R), MA**

Bree Warner has been with Premise Health for 3 years as a Radiologic Technologist and Medical Assistant. She attended Washington State Community College in Marietta, OH and obtained an Associates of Applied Science in Health and Wellness Technology in 2015 and Radiologic Technology in 2016. She relocated to Florida in early 2017 along with her husband and two children.

Bree is a dedicated and friendly caregiver who enjoys helping her patients. She is a great team player, always willing to help out her coworkers whenever needed.

Outside of work, Bree loves spending time with her husband Jake, her two children Joshua and Callie, and their numerous well-loved pets. Her interests include traveling, amusement parks, and watching her children's activities and performances.



### **Debbie Marks, LPN**

Debbie Marks has been with Premise Health for the past year and a half. She helps patients with all their medical needs including but not limited to answering calls & questions, performing lab draws, EKG's, physicals, drug screens, breath alcohol tests, medication refills, maintaining the pharmacy, ordering supplies and any other services that are needed.

Debbie has been in the medical field for 27 years. She has a dedication and passion for caring for others. Debbie is grateful to be a part of Premise Health where she can help those who go above and beyond to help others.

When Debbie is not working she enjoys spending time with family, gardening, craft projects and reading.



### **Heather Patterson, MA, GHCM**

Heather has been with Premise Health for 6 years. For the past 2 years she has taken on the role of Health Center Manager for the St. Lucie County Health & Wellness Center, supervising the staff, managing daily operations of the center, and assisting members with their needs. Heather has now expanded as a Group Health Center Manager, overseeing the City of Coral Springs, City of Palm Beach Gardens, and School District of Indian River County employee health & wellness centers.

She has served her community as a Medical Assistant for 27 years, prior to advancing her career in Management. Heather believes in leading by example and can frequently be found helping in the clinic whenever she is needed. She has a good rapport with all her staff and does her best to maintain an open-door policy.

When she is not at the office, Heather enjoys spending time with her husband and two sons, who are 18 and 26 years old. Her hobbies include baking, gardening, reading, and loving on her 3 cats and dog.



**Make an appointment.**

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City of Palm Beach Gardens Health & Wellness Center

4425 Burns Road, Palm Beach Gardens, FL 33410

Monday, Tuesday, Wednesday, Friday 7 a.m. - 4 p.m.

Closed 12 p.m.- 1 p.m.

Thursday 9 a.m. - 6 p.m.

Closed 1 p.m. - 2 p.m.

(561) 413-9639 (561) 775-8242

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