



Women's Health Day 2024

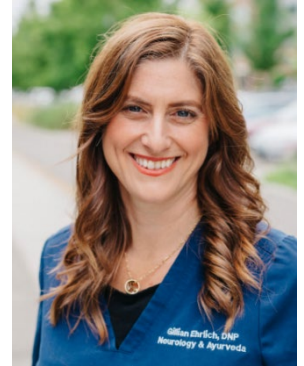
Presenter Bios

GILLIAN EHRLICH, ARNP, DNP, practices Conventional, Functional & Ayurvedic medicine at NeuroVeda Health in Seattle, Washington. Her early interest in health led her to practice organic farming and teach wilderness leadership programs.

Ehrlich's professional training includes a Doctorate of Nursing Practice degree from the University of Washington as a Family Nurse Practitioner, and certifications from The Institute for Functional Medicine and the Ayurvedic Institute.

In medicine, Ehrlich spent four years caring for homeless adults with acute illness and then seven years as an integrative primary care clinician in an insurance-based non-profit before specializing in integrative neurology.

Her work at NeuroVeda Health continues her focus on serving complex and chronically ill patients as well as on the neurological mechanisms of perception, processing, connection, ecology and justice. Find out more about Ehrlich and her practice at NeuroVedaHealth.com.



MICHAEL A. TORRES, MD, MBA, CPE, FABQAURP, FAAPL

Chief Medical Officer – Coast Community Health Center; Bandon, Oregon
Assistant Professor 1. Dr. Kiran C. Patel College of Osteopathic Medicine - Nova Southeastern University 2. DeBusk College of Osteopathic Medicine – Lincoln Memorial University

Dr. Michael Torres received his Doctor of Medicine from Spartan Health Sciences University in 1985 and his Master of Business Administration degree from Touro University International in 2003.

Dr. Torres completed his residency in Family Medicine at the State University of New York at Buffalo. Dr. Torres is board certified in Family Medicine and Health Care Quality Management. He is a Fellow of the American Academy of Family Practice, the American Association for Physician Leadership, and the American Board of Quality Assurance and Utilization Review Physicians. Colonel (Dr.) Torres is retired from the United States Air Force, where he served in numerous leadership roles including Chief, Medical Plans and Operations at The Pentagon; 22nd Air Force Command Surgeon; and held command of multiple facilities at the clinic, hospital, and medical group levels. Dr. Torres has previously owned a large medical practice that provided physician and advanced practice providers to hospital emergency departments, hospital medicine services, occupational medical services, as well as a medical billing company. Dr. Torres has a passion for improving patient safety, assuring patient-centered care, elevating healthcare quality in all patient care settings, and leadership education for physicians to achieve those goals.

Health Care Panel Bios



DR. HANK HOLMES, MD, Family Practice Physician, Dr. Holmes is dedicated to helping families plan for end-of-life needs, such as hospice and palliative care. He is skilled in chronic care management of complex medical problems experienced by patients of any age. He has just celebrated 50 years of service as a physician!

Dr. Holmes attended the School of Medicine at University of California San Francisco, and completed his Family Practice Residency at Community Hospital of Sonoma County

Dr. Holmes is a board-certified Family Physician. He is a teacher and believes medical care is a human right.

Quote — “The most important thing is the connection with patients. It takes every member of the team to serve the patient well.”



VIVIAN A. ROWE, LMFT is licensed Marriage and Family Therapist offering holistic psychotherapy, and equine assisted psychotherapy and learning to adults of all ages. Her clients are often busy people with multifaceted lives struggling to navigate and cope with anxiety, trauma, life transitions, depression, grief/loss, and relationship concerns. Other clients reach out for support with work or career worries, creative blocks, spiritual matters or personal growth.

Vivian offers traditional psychotherapy sessions online via video or phone sessions, and equine assisted sessions locally in Bandon. She is licensed as a Marriage and Family Therapist in California and Oregon and has been in private practice for 15 years. She is certified in equine assisted psychotherapy and learning through EAGALA and is a member of several professional associations (CAMFT, ACEP). Vivian earned her Master of Counseling Psychology with emphasis in Depth Psychology degree from Pacifica Graduate Institute in Carpinteria California.



DR. SHARON MONSIVAIS, MD received her Bachelor of Arts degree in Biology from the University of Texas at Austin in 2009 and her Doctor of Medicine at Texas A&M Health Science Center, College of Medicine in 2013.

In 2019, she completed an Integrated Plastic Surgery Residency at Baylor Scott and White, Texas A&M Health Science Center.

From there, Dr. Monsivais attended a one-year Hand Fellowship at Oregon Health & Science University, which she completed in 2020.

Dr. Monsivais offers hand surgeries including carpal tunnel release, skin cancer reconstruction, breast surgery, tummy tucks, Botox and filler, among other surgical services. She is Board Certified by the American Board of Plastic Surgery. She will be performing surgeries at Southern Coos Hospital, assisted by a team of highly skilled professionals. In her spare time, Dr. Monsivais enjoys hiking, camping, backpacking, running and reading.



DR. PAUL PRESLAR, D.O., MBA, Southern Coos Hospital & Health Center, comes to Bandon by way of Oklahoma City where he practiced medicine as a Family Physician. He brings with him more than two decades of experience focusing on preventative medicine from cradle to grave.

Born and raised outside of Houston, Texas, Dr. Preslar was first exposed to medicine through his work as an EMT and ambulance attendant in high school and early college. He earned his degree in engineering from Texas A&M University where he met his wife of 40-years, Jan. After college, the Preslars settled in Oklahoma City where Paul worked for the Tenneco Company and Boeing Aerospace while obtaining his MBA in Finance.

In 1986, he followed his calling to medicine and began taking night-classes to fulfill the prerequisites for medical school. After graduating from Oklahoma State University-College of Osteopathic Medicine in 1994, Dr. Preslar began his Family Medicine residency at the University of Oklahoma where he developed a passion for service to his community. He considers Family Medicine the perfect balance between God, Family and Profession.

Dr. Preslar has enjoyed learning about Bandon from the second-hand account of his son, Mark, who came to Bandon in 2021 as a RARE AmeriCorps member serving the Greater Bandon Association, and now practices law in Coos Bay. Dr. and Mrs. Preslar are eager to get involved in the Bandon community and look forward to frequent visits from their two other children, Luke and Ruth.



KRISTIN NILSEN, Usui Reiki Master Teacher currently practicing at her new wellness studio + workshop space, the Violet Flame Collective. She likes to say she's living version 4.0 on her life path which proves that it's never too late to follow your heart or to change the trajectory of your life! Former versions include Professional Chef, Corporate Recruiter, Skincare Entrepreneur and now her most soul-aligned role, Reiki Master Teacher!

A forever student, Kristin is on a lifelong journey of self-discovery. Learning about new modalities, tools and resources excite her especially when she can share them with her friends and clients. It's a privilege to hold space for those looking to grow, evolve and heal. Now she can do that on a bigger scale at the Violet Flame Collective.

Kristin lives on her Sun & Neptune lines in Bandon, which unleashes her creativity & spiritual gifts while enhancing her psychic abilities. She lives with her husband and cat/child Buddy and enjoys cooking/entertaining, hiking, beach meditations and making her surroundings beautiful.