



## Rachel Menke, FNP-BC

### Family Medicine

“My journey in healthcare began early on, inspired by my fascination with the human body and science. At the age of 10, I started giving my diabetic grandfather insulin shots, and in high school, I volunteered at the local hospital. These experiences cemented my commitment to helping others through medicine. After four years of assisting in childbirth as an RN, I realized my true calling was in the broader field of family medicine, which allows me to connect with people of all ages, genders, and backgrounds, which I love!

The most important thing I can do for my patients is listen. By understanding what is important to you and your health goals, I can tailor my care to meet your specific needs and preferences. Most of all, my care is flexible – I can be as conservative or aggressive as the situation or your preference requires.”

#### MEDICAL EDUCATION

MSN: University of New Mexico, summa cum laude

#### SPECIALTY

Family Medicine

Reproductive/sexual health, gender-affirming care

Palliative care

#### CERTIFICATIONS

Family Nurse Practitioner – American Nurses Credentialing Center

#### AFFILIATIONS

American Association of Nurse Practitioners

National Coalition for Sexual Health

World Professionals Association for Transgender Health

#### PERSONAL INTERESTS

My husband, a Roaring Fork Valley native, and I have one daughter. I enjoy yoga, painting, reading, hiking, skiing, gardening and, most importantly, spending time with my family.

At this point in time I am accepting new patients.

**Glenwood Springs:** 1830 Blake Ave

**New Castle:** 820 Castle Valley Blvd, #210

**Physical Therapy, Glenwood Springs:** 406 Hyland Park Dr

970-945-8503 | [glenwoodmedical.com](http://glenwoodmedical.com)

# GMA

Glenwood Medical Associates