

Third Year

Emily Bender, MD, University of Alabama School of Medicine



I was born and raised on the Gulf Coast in Mobile, Alabama. I grew up on Dog River, where I developed a love for the outdoors that was amplified by family vacations out west. I attended Tulane University in New Orleans, where I found a passion for working with underserved communities. I majored in Spanish with the hopes of one day being fluent. That hope led me to spend a year in a small town in southern Spain where I taught English prior to attending the University of Alabama School of Medicine in Birmingham, AL. I had always believed I would practice in primary care, and I confirmed this belief in medical school. My Family Medicine rotation in Monroeville, AL showed me how medicine can exist in the intersection of individuality, community, and culture; I had found my calling. I am very excited to finally move "out west" and join Fort Collins Family Medicine! In my free time, you'll find me listening to music and cooking, camping, running, biking, or rafting. I hope to even discover what these magical "winter sports" are that I hear about!

Trevin Cardon, DO, Arizona College of Osteopathic Medicine of Midwestern University



I consider myself a Fort Collins native, having moved here when I was only 5 years old. I am a graduate of Poudre High School and am thrilled to be back where the word Poudre is commonplace. I attended Brigham Young University for my undergraduate studies and completed a Bachelor's degree in Spanish Translation with a minor in Chemistry.

I attended the Arizona College of Osteopathic Medicine in Glendale, AZ for medical school. I spent 5 years in Arizona as I extended my training there to participate as a teaching and research fellow in the osteopathic manipulative medicine department. My wife (also from Fort Collins) and I enjoyed our time in the desert of Arizona but are excited to move back to the mountains and raise our 3 kids in the same town we were raised. I was so impressed with the passion, attitudes, and happiness of the people at the Fort Collins Family Medicine Program that I knew I needed to come back home.

I have always been drawn to family medicine and love the challenge that it presents. Family medicine provides the opportunities I seek to create strong relationships with my patients. I have special interests in lifestyle medicine, sports medicine, and osteopathic manipulative medicine. I also enjoy studying about the business of medicine and innovative healthcare delivery models.

Kale Flory, DO, A.T. Still University School of Osteopathic Medicine



I first fell in love with Fort Collins when I moved here to attend Colorado State University. The people, the city, and the mountains together create such an inviting atmosphere. It didn't take long for Fort Collins to feel like home. My original home is in rural, southeast Colorado where I lived in the small town of Las Animas. It was a great place to grow up and it's where my hometown family physician inspired me to pursue medicine.

When it came time for medical school, I decided to attend Kirksville College of Osteopathic Medicine in Missouri, the founding school of osteopathic medicine. There I was drawn to family medicine for its broad scope, personal connections, and public health aspects. While I enjoyed my time in Missouri, absence sure does make the heart grow fonder. I am so excited and so incredibly lucky to be able to return to Fort Collins for residency training! PVH is the hospital where I held one of my first healthcare positions, as a nursing assistant, and is also where I first met my wife. When not in the clinic or at the hospital, I'll be out enjoying all the food, drinks, music, biking, running, and other activities Fort Collins has to offer!

Isaac Fonken, MD, University of Colorado School of Medicine



I'm originally from Estes Park, CO which is about 1hr into the mountains from Fort Collins. In elementary and middle school, I lived in Kyrgyzstan (Central Asia) where my parents were working on international health development. Thanks to this multifaceted childhood, I love to travel, health, international foods and I enjoy speaking Russian, although I vocabulary is limited.

My wife and I met in Spokane, WA, of all places, during college. We both attended Whitworth University. From there I spent a year working as a nursing assistant in an assisted living facility until being accepted to University of Colorado School of Medicine. Medical school, as was expected, turned out to be a wild ride, full of textbooks, anatomy labs, fascinating surgery and incredible patients. At the end of four years, I had developed an even greater passion for holistic primary care than I had going into school, so I decided to become a Family Physician.

In Colorado tradition, I enjoy hiking, cycling, skiing, camping, food, public television, making art etc. I'm very thankful for a chance to become part of the Fort Collins community.

Emily Garban, MD, University of Colorado School of Medicine



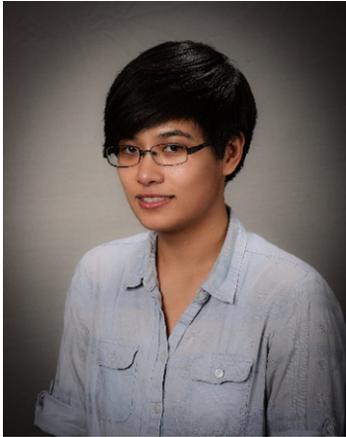
I was born and raised under the hot desert sun of Las Vegas, NV. My initial interest in Colorado surfaced during my childhood trips to southern Colorado to visit my grandparents, and I later chose to attend Colorado State University for my undergraduate education. After moving to Fort Collins, I quickly fell in love with the beautiful landscape and kind people of the community, and I knew this was where I wanted to grow roots. After graduating from CSU, I met my significant other who is also a CSU alumnus with a love for Fort Collins just as deep as mine. After discovering my passion for all facets of medicine as well as my desire to forge long-term relationships with patients, I knew I was meant to be a family doctor. To accomplish this goal, I earned my medical degree from University of Colorado School of Medicine. When it came time to choose a residency program, it was clear that the Fort Collins Family Medicine Residency was where I belonged. This program not only provides its learners with truly full-scope, comprehensive training, but it also has an exceptional team of faculty, residents, and staff as educators. I am absolutely thrilled to return to the town of my alma mater. When not cheering on the Rams from our stadium seats, I enjoy drawing with graphite and charcoal, hiking the beautiful trails of the Front Range, reading novels, attending concerts, and enjoying the company of family and friends. I am so excited to be a part of the FCFMR family, and I look forward to serving the Fort Collins community in the years to come.

Kelsey Heinrich, MD, Central Michigan University College of Medicine



I was born and raised in northern Michigan in a rural town with one stoplight. Growing up here and living on Lake Huron was a treat and summers on the water were second to none. I went for a drastic change with undergrad, attending Michigan State University (GO GREEN!) and earned a degree in microbiology. After MSU I attended Central Michigan University College of Medicine, a new medical school in Michigan that was created for the purpose of meeting the need for family physicians in rural areas. Growing up in my hometown gave me a passion for rural medicine and preventative care, so CMED was a perfect fit for me. This led me to plan a health fair in my hometown after my first year of medical school. I hope to continue to participate in public health outreach throughout residency. I immediately fell in love with the magic of Fort Collins on my interview (the breweries afterward may have played a hand in that, along with exceptional Christmas lights). As someone who has never lived out of state, I was interested in making a big move toward mountains for residency. This residency is perfect to meet my needs of learning how to be a small town broad spectrum family doctor, while also suiting my needs for great craft beer, ample opportunities for outdoor activities and year round sunshine. My hobbies include backpacking, running, taking naps and eating. I am looking forward to starting and becoming part of the team!

Linh Nguyen, MD, University of Colorado School of Medicine



I was originally born in Norway to Vietnamese refugee parents. However, I view Aurora, Colorado as my hometown because I spent most of my life there. My only truancy from Colorado thereafter was for college at Washington University in St Louis, where I became an art school dropout, majored in Women, Gender, and Sexuality Studies, and decided to pursue medicine. By some random fluke I was accepted into medical school at University of Colorado School of Medicine and now am fortunate enough to be continuing my medical training at the Fort Collins Family Medicine Residency. I am thrilled that Fort Collins is where I will continue to learn and grow as a physician. I chose family medicine because it provides a unique opportunity to serve patients in a longitudinal and holistic manner. I am particularly interested in LGBTQ health, underserved care, and adolescent health. In my free time I do indulge in hobbies and normal-people things. Contrary to my colleagues (and most other people in Colorado) I am actually more of an indoorsy person. I enjoy naps, anime, videogames, arts and crafts, Japanese food, and cats. To salvage my Colorado street cred, I do also snowboard (badly).