

## TGIF Provider Spotlight Week 4: Judi Gregory, FNP



Judi Gregory, Family Nurse Practitioner (FNP), became credentialed as a FNP in April of 2022 and joined the Outpatient Medical Center (OMC) family later that year in November. Since then, she's earned a reputation for her steady presence, compassionate care, and ability to connect deeply with her patients.

Her approach is simple: build trust, listen closely, and care for the whole person. "I believe in building strong, trusting relationships with patients and their families, recognizing that each individual's physical, emotional, and social well-being are interconnected," says Judi. "My approach is collaborative, focusing on shared decision-making and supporting patients in making informed choices about their health."

Judi's biggest piece of advice? Don't underestimate the power of prevention. "Prioritize preventive care—regular check-ups, screenings, and healthy lifestyle habits are the foundation for long-term wellness."

When seeing patients, Judi is especially passionate about managing diabetes and hypertension. "These two chronic conditions are highly prevalent and have a significant impact on patient's quality of life and long-term health outcomes."

If you don't see Judi treating patients at OMC, you might be able to find her on a beach! "I love the beach. Spending time by the ocean is one of my favorite ways to relax and recharge."