

SFO Lifestyle Medicine Team



Linda Shiue, MD, Chef, Dip ABLM

Director of Lifestyle Medicine and Director of Culinary Medicine
Lifestyle Medicine Certified Physician
Certified in Plant-Based Nutrition
Thrive Kitchen Instructor



Michelle Tinitigan, MD, Dip ABLM

Chief of Health Education, San Francisco
Tobacco Cessation Consultant, San Francisco
Volunteer Clinical Assistant Professor,
UCSF Department of Family and Community Medicine
Physician Ambassador, SFO
FACE (Filipino American Care Experience) Co-Lead, SFO
Lifestyle Medicine Certified Physician

SFO Lifestyle Medicine Team



Yvonne D. Gallot, MPH
Health Education
Service Director, Non-RN



Aimee Abellar, MSBH
Health Education
Service Unit Non-RN Manager II

SFO Lifestyle Medicine Team



Kelly Lahey, MHPE
Health Educator III
Plant Strong Program Facilitator



Heather D'Eliso Gordon, RD, CSSD
Registered Dietitian/Sports Dietitian
Certified in Plant-Based Nutrition
Professional Plant-Based Culinary Certificate
Nutrition Health Coach
Plant Strong Program Co-Facilitator

SFO Lifestyle Medicine Team



Aleah Mainzer, MPT, CPT, Dip ACLM

Licensed Physical Therapist
Certified Lifestyle Medicine Professional
Certified Personal Trainer
Certified Pilates Instructor
Fitness Health Coach
Plant Strong Program Co-Facilitator



Ayana Day

Project Manager II
Health Education & Health Promotion

SFO Lifestyle Medicine Team



Lisa Pecache, MPH

Senior Health Educator

Health Promotion, Tobacco Prevention and Weight Management

SFO Lifestyle Medicine Certified Providers

Provider	Department
Luba Abascal, MD, Dip ABLM	Adult & Family Medicine
Jimmy Choi, MD, Dip ABLM	Emergency Medicine
Alex Edwards, MD, Dip ABLM	Cardio Vascular/ Anesthesiology
Manal Elkarra, MD, Dip ABLM	Adult & Family Medicine
Linnea Hur, MD, Dip ABLM	Hospital Based Specialist
Sumie Iwasaki, MD, Dip ABLM	Nephrology
Tracy Jonelis, MD, Dip ABLM	Nephrology
Aleah Mainzer, PT, Dip ACLM	Health Education
Abena Opoku, MD, Dip ABLM	Occupational Medicine
Linda Shiue, MD, Chef, Dip ABLM	Adult & Family Medicine
Michelle Tinitigan, MD, Dip ABLM	Adult & Family Medicine