

Live Well with Rancho Family


RANCHO FAMILY
MEDICAL GROUP

INSPIRING WELLNESS
STORIES, LOCAL DOCTOR
SPOTLIGHTS, EASY HEALTHY
RECIPES AND MORE!

Cover Feature:
Dr. Neilson



[ranchofamilymed.com](https://www.ranchofamilymed.com) | (951) 676-4193

Fallbrook | Temecula | Murrieta | Wildomar | Menifee | Sun City | Winchester | Hemet | Moreno Valley

Trusted Primary Care

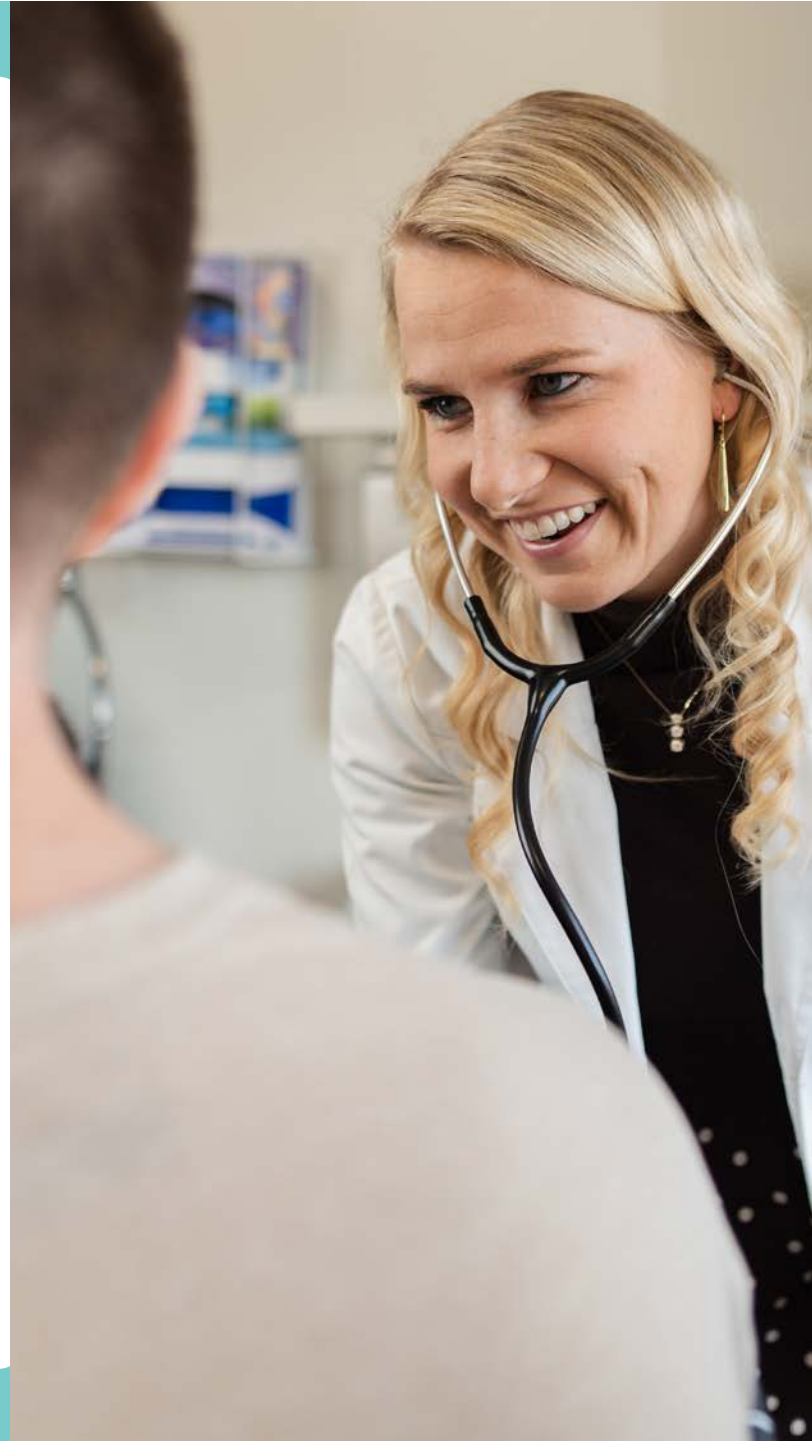
Care Made Simple

At Rancho Family Medical Group, we believe that exceptional care should be easily accessible. That's why we offer a variety of ways to fit healthcare into your schedule—whether you need care today, prefer to connect from home, or want to plan ahead.

(951) 676-4193

LARGE NETWORK OF SPECIALISTS

Rancho Family Medical Group has partnered with Regal Medical Group as our IPA (Independent Physicians Association), a prominent medical group in Southern California for over 35 years. Our partnership guarantees premier healthcare for our patients to access local specialists, hospitals, and insurance companies.



Commercial HMO & PPO Plans

We accept most major Commercial HMO & PPO plans.

Since 1942

Dr. Blosser

ONLINE SCHEDULING

With our secure online scheduling, you can book appointments at your convenience, 24/7. Skip the wait! Schedule your visit in seconds.



SCAN ME

TELEHEALTH VISITS

Sometimes, you don't need to leave home to see your doctor. Rancho Family Medical Group offers secure video visits for many types of care, including:

- Follow-up appointments
- Medication refills
- Minor illnesses
- Chronic condition management

APPOINTMENT WAITLIST

Need to be seen sooner? Join our Waitlist. If an earlier appointment opens up, you'll automatically get a text or email offering you the slot—so you can get care as quickly as possible.



Humana.



Senior Centers

Finding community and staying active are core values at Rancho Family Medical Group, especially for our 55+ patients. That's why we have two senior centers located in Hemet and Sun City! Our centers offer a range of activities that promote healthy living, such as exercise classes for all levels. Come join us and be part of a supportive, welcoming community!



Hemet

3853 W. Stetson Ave. Suite 203
Hemet, CA 92545



Sun City

27190 Sun City Blvd.
Sun City, CA 92586

Free for all Rancho Family patients!

Become a patient and gain access to all our free senior classes and resources.



Senior CrossFit
Murrieta, CA



Jazzercise
Temecula, CA

Upcoming Senior Center Events:



- Line Dance
- Chair Fitness
- Yoga
- Bingo

Call to learn more:
(951) 225-6808

[ranchofamilymed.com/events](https://www.ranchofamilymed.com/events)

Helping Seniors Navigate Their Healthcare With Ease

Managing your healthcare can feel overwhelming, but you don't have to do it alone. Our dedicated Senior Concierge team members are just a call away to guide you through every step.

Call Senior
Concierge Line:
(951) 225-6808

Available Monday-Friday, 8 AM - 5 PM

Our Team Can Help With:

- Switching to a Rancho Family doctor.
- Resolving complications with your care.
- Answering insurance and specialist questions.

What You Can Expect:

- No phone tree, just direct phone lines.
- Help with everything related to your care.
- Guidance to ensure seamless, personalized care.

We accept Medicare!

No matter your insurance, our team works with you to simplify the process.

Here are some of the major insurances we accept:

Anthem 

United
Healthcare

Humana

blue 
california


TRICARE


healthnet


Alignment Healthcare


scan

AARP Medicare Plans
UnitedHealthcare

wellcare


aetna


astiva
HEALTH


cigna
healthcare


PacifiCare
Health Systems

Featured Offices

Choose a Provider at any of our care clinics. Enjoy easier access to Primary Care and choose the location that's most convenient for you.



Single Oak

28780 Single Oak Dr.
Ste. 160 & 270
Temecula, CA 92590
(951) 252-8650

Providers:

Dr. Eric Neilson
Dr. Ellie Tan
Dr. Alethea Poste
Dr. Cristina Bailey
Dr. Tae Im
Dr. Pamela Simmons
Dr. Timothy Elfelt
Dr. Jerry Hizon
Dr. Jordan Smith
Amber Holden, PA
Evelyn Valencia, PA
Gabrielle Green, NP
Reed Bovee, PA
Jason Hamilton, NP



Makena

31150 Temecula Parkway,
Ste. 200
Temecula, CA 92592
(951) 225-6827

Providers:

Dr. Nichelle Blosser
Dr. Michelle Uttaburanont
Dr. Maisara Rahman
Amanda Vanscoy, NP
Michelle Etesami, NP



Coming Soon! French Valley

30772 Benton Rd, Ste. 01
Winchester, CA 92596

Provider:

Dr. Jennifer Boozer



Cal Oaks

41011 California Oaks Rd,
#103
Murrieta, CA 92562
(951) 225-6287

Providers:

Dr. Stacey Bernardo
Todd Baca, NP



Wildomar

23823 Clinton Keith Rd,
Ste. 102
Wildomar, CA 92595
(951) 414-8280

Providers:

Dr. Rome Walter
Dr. Anh Brewer
Desirae Segura, NP

A. Sun City

27190 Sun City Blvd.
Menifee, CA 92586
(951) 723-3804

B. Hemet

3853 W. Stetson Ave, Ste. 200
Hemet, CA 92545
(951) 225-6802

C. Wildomar

23823 Clinton Keith Rd, Ste. 102
Wildomar, CA 92595
(951) 414-8280

D. Menifee

29791 Haun Rd, Ste. 100
Menifee, 92586
(951) 723-3800

E. Cal Oaks

41011 California Oaks Rd, #103
Murrieta, CA 92562
(951) 225-6287

F. Hot Springs

38860 Sky Canyon Dr, Bldg. A
Murrieta, CA 92563
(951) 225-6276

G. Pediatrics

41238 Margarita Rd, Ste. 106
Temecula, CA 92591
(951) 506-9392

H. Makena

31150 Temecula Parkway, Ste. 200
Temecula, CA 92592
(951) 225-6827

I. Single Oak

28780 Single Oak Dr. Ste. 160 & 270
Temecula, CA 92590
(951) 252-8650

J. Redhawk

31720 Temecula Pkwy, Ste. 100
Temecula, CA 92592
(951) 414-8240

K. Fallbrook

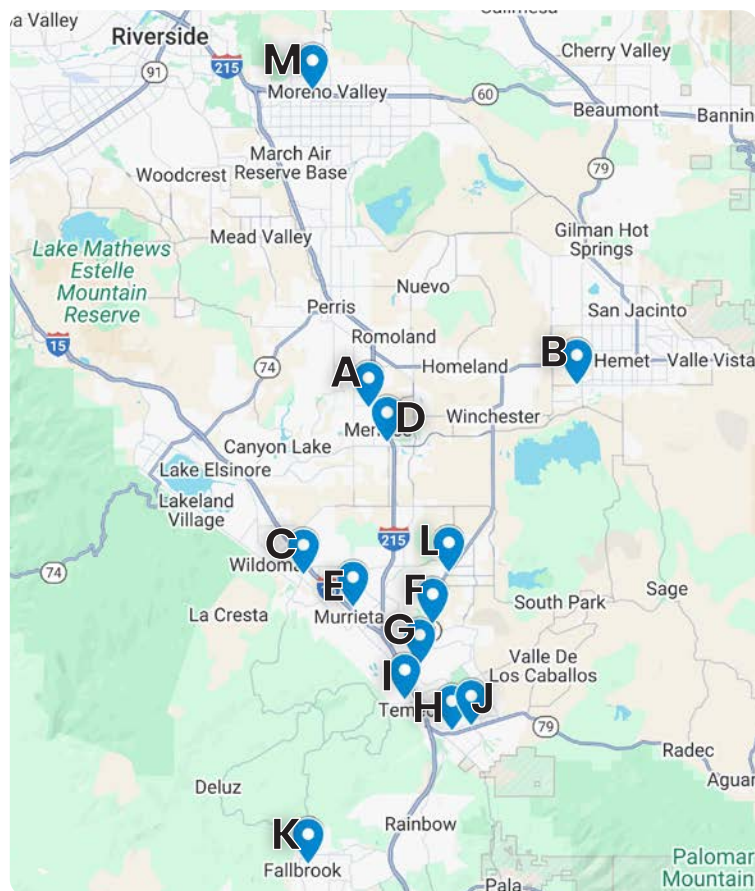
521 E. Elder St. #105
Fallbrook, CA 92028
(760) 728-8344

L. French Valley

30772 Benton Rd, Ste. 01
Winchester, CA 92596

M. Moreno Valley

24119 Hemlock Ave, Ste. 104
Moreno Valley, CA 92557
(951) 414-8294



SINGLE OAK OFFICE

Meet Dr. Eric Neilson

FAMILY PHYSICIAN

Dr. Eric Neilson is passionate about building meaningful relationships with patients and providing comprehensive, patient-centered care for individuals and families at every stage of life.

BACKGROUND

Dr. Neilson grew up in Long Beach, California, where his love for science, learning, and service-oriented work sparked his interest in medicine. Throughout his education, volunteer work played a major role in shaping his compassionate approach to care.

EDUCATION & TRAINING

Dr. Neilson earned his undergraduate degree from the University of California, Santa Barbara, where he majored in pre-medical sciences and microbiology. He completed medical school at Ross University School of Medicine in Dominica, followed by family medicine and global health/tropical medicine training at Presbyterian Intercommunity Hospital in Whittier, California.

PHILOSOPHY OF CARE

At the core of Dr. Neilson's philosophy is the belief that listening is one of the most important aspects of medicine. He strives to create a supportive environment where patients feel heard, understood, and actively involved in their care.

OUTSIDE THE OFFICE

Outside of the clinic, Dr. Neilson enjoys spending time with his wife and two young children and staying active outdoors.



A man with a backpack and sunglasses stands on a grassy hill, looking towards the camera. The background shows a cityscape and mountains under a warm, golden sunset sky. The man is wearing a grey t-shirt, blue shorts, and a black backpack. He is holding the straps of his backpack with both hands.

Seeing patients in Temecula

Call to Schedule
an Appointment:
(951) 676-4193



Stepping Outside: How Nature Supports Everyday Health

In the rush of daily life, it's easy to forget how grounding it can feel to simply step outside. A walk beneath trees, a steady trail underfoot, or a quiet moment surrounded by open space can offer more than a change of scenery—it can support both physical and mental wellbeing in lasting ways.

At Rancho Family Medical Group, Dr. Eric Neilson often encourages patients to view time outdoors as a meaningful part of a healthy routine. Nature invites gentle movement and mindfulness at the same time, helping the body reset while giving the mind a break from constant stimulation.

Walking or hiking outdoors supports cardiovascular health, strengthens muscles and joints, and improves balance—all without the pressure of intense exercise. Natural terrain encourages varied movement, while fresh air and sunlight can help regulate sleep, improve mood, and reduce

everyday stress. Many people find that outdoor activity feels more restorative and easier to maintain than indoor workouts.

Beyond the physical benefits, time in nature creates space for reflection. Being outdoors can help lower stress levels, quiet racing thoughts, and encourage deeper breathing. Dr. Neilson notes that these moments of calm often translate into better focus, improved emotional resilience, and a greater sense of overall balance.

Nature also makes movement more accessible. Outdoor activity doesn't require special equipment or a strict routine. A short walk after dinner, a weekend hike, or a quiet loop around a local park can make a meaningful difference over time. These small, consistent habits are often the ones patients find easiest to sustain.

For those looking to explore locally, Temecula and the surrounding area offer a variety of welcoming outdoor spaces.

Dr. Neilson encourages patients to start where they feel comfortable and let nature set the pace. When paired with preventive care and regular checkups, time outdoors becomes more than just an activity—it becomes a simple, sustainable way to support long-term health and wellbeing.

Nature Walks & Trails Near Temecula

SANTA ROSA PLATEAU ECOLOGICAL RESERVE: Peaceful trails through oak woodlands and open grasslands

TEMECULA CREEK TRAIL PARK: A paved, family-friendly path ideal for walking or biking

HARVESTON LAKE PARK: A calm loop perfect for gentle walks and relaxation

VAIL LAKE RECREATION AREA: Open trails with scenic views and flexible distances

PECHANGA CREEK TRAIL: A shaded option close to town with a natural feel



Sweet Potato Avocado Toast

Servings
2-3

Prep Time
15 min

Cook Time
4-25 min

Calories
260 kcal

Ingredients

1 large sweet potato	2 large egg whites
1/2 tbsp. extra virgin olive oil	1 avocado
2 large eggs	1/4 tsp. garlic salt
	1/4 tsp. crushed red pepper chili flakes

Directions

STEP 1 Prep the Sweet Potatoes

Cut each sweet potato into 4 slices, about 1/4 inch thick. Drizzle with olive oil and season with salt and pepper to taste.

STEP 2 Stovetop Method: Heat a large skillet over medium heat. Add the sweet potato slices in a single layer. Cook for 4-6 minutes per side, or until they are golden brown and tender when pierced with a fork.

Oven Method: Preheat your oven to 425°F (220°C). Place the sweet potato slices on a baking sheet lined with parchment. Bake for 20-25 minutes, flipping halfway through, until edges are lightly browned and centers are tender.

STEP 3 While the sweet potatoes cook, whisk the eggs and egg whites in a bowl. Transfer to a nonstick skillet over medium-low heat and scramble to your liking. Set aside.

STEP 4 Slice the avocado, remove the pit, and spoon the flesh into a bowl. Add the garlic and sea salt, then mash lightly with a fork.

STEP 5 Use the sweet potato slices as “toast.”

Spread the mashed avocado on each slice, top with scrambled eggs, and sprinkle crushed chili flakes for a kick.

WELL WITHIN


RANCHO FAMILY
MEDICAL GROUP

ranchofamilymed.com



Simple Veggie Soup

Servings
6

Prep Time
10 min

Cooking Time
25 min

Calories
127 kcal

Ingredients

6 cups of water or Low Sodium Chicken Broth
1 tablespoon avocado oil
2 Carrots, finely chopped
2 Celery stalks, finely chopped
2 cups cabbage, finely shredded
2 potatoes, cubed
1 tablespoon bouillon or to taste
Pepper to taste
1/2 box of your choice of Whole wheat pasta

Directions

STEP 1 In a lightly oiled pot, sauté carrots and celery for about 8 min.

STEP 2 Then add about 6 cups of water or chicken broth. Add cabbage and potatoes, cover, and bring to a boil.

STEP 3 Add bullion and pepper to taste, add pasta, and boil until pasta is cooked and potatoes are fork tender.



MAKENA OFFICE

Meet Dr. Nichele Blosser

INTERNIST

Dr. Blosser is a Murrieta native and proud graduate of Murrieta Valley High School. Her journey into medicine began locally and has come full circle as she now serves the community she calls home.

EDUCATION & TRAINING

Dr. Blosser earned her undergraduate degree from Northern Arizona University. She completed her medical training at Des Moines University in Iowa and returned to Southern California for her internal medicine residency at Temecula Valley Hospital.

PROFESSIONAL EXPERIENCE

After completing her residency, Dr. Blosser spent the past year and a half working as a hospitalist with Rancho Family Medical Group. Earlier in her career, she worked as a medical scribe at Rancho Family Medical Group for two years—an experience that further solidified her passion for medicine.

PHILOSOPHY OF CARE

Dr. Blosser's inspiration to become a physician stems from caring for her own family and witnessing the impact of compassionate, patient-centered care. She is dedicated to building lasting relationships with her patients and takes a family-centered approach, setting realistic, personalized goals that align with each individual's lifestyle and health needs.

OUTSIDE THE CLINIC

Outside of work, Dr. Blosser enjoys spending time with her husband and family. She has a passion for knitting and crocheting and loves hiking with her two dogs, both locally and on the scenic trails around Lake Arrowhead.



Seeing patients in Temecula



Call to Schedule
an Appointment:
(951) 676-4193

SINGLE OAK OFFICE

Meet Dr. Ellie Tan

FAMILY PHYSICIAN

EDUCATION & TRAINING

Dr. Tan completed her undergraduate education at Biola University and earned her medical degree from Loma Linda University School of Medicine. She began her family medicine training in Washington state and completed her residency in Palm Springs, where she developed a broad, hands-on clinical skill set.

CLINICAL INTERESTS & EXPERTISE

Dr. Tan's clinical expertise includes women's health, pediatrics, geriatrics, and hospital medicine. She completed an additional fellowship year focused on women's health, with specific interests in menopause care and in-office procedures such as IUD and Nexplanon placement, pessary fitting, and colposcopy.

She also performs newborn circumcisions and a variety of skin procedures, including biopsies, excisions, and lesion removals. In addition to her clinic work, Dr. Tan regularly rounds at local hospitals, including Temecula Valley Hospital and

Loma Linda University Medical Center, allowing her to support continuity of care and smooth transitions from hospital to home.

PHILOSOPHY OF CARE

Inspired to pursue medicine at a young age, Dr. Tan was adopted from Vietnam and grew up with a deep appreciation for how access to healthcare can profoundly impact lives. She believes in forming strong partnerships with her patients by listening closely to their goals and guiding them toward better health through education, lifestyle support, and medication when appropriate.

COMMUNITY & PATIENT ADVOCACY

Dr. Tan is passionate about advocating for her patients and looks forward to partnering with individuals and families in the community on their health journey.

OUTSIDE OF CLINIC

Outside of the clinic, Dr. Tan enjoys staying active through yoga, which helps her maintain balance, strength, and mindfulness.



A woman with dark hair in a bun, wearing a black long-sleeved shirt and black leggings, is performing a yoga pose (Urdhva Dhanurasana or Upward Bow Pose) on a dark mat. She is smiling and looking upwards, with her right arm extended straight up and her left hand reaching down to her right foot. The background is a plain, light-colored wall.

Seeing patients
in Temecula

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Finding Balance in Motion:

How Gentle Movement Supports Whole-Body Health

For Dr. Ellie Tan, family medicine is not just about treating symptoms—it's about helping patients feel at home in their bodies again. At Rancho Family Medical Group, Dr. Tan encourages a softer, more intentional approach to health, one that values flexibility, breath, and mindful movement as essential tools for lifelong wellbeing.

In a world that keeps us seated, hunched, and rushing from one task to the next, the body quietly adapts—often tightening, stiffening, and holding stress in ways we barely notice. Stretching and yoga offer a way back. These gentle practices invite the body to unwind, restore natural movement, and reconnect with the rhythm of the breath.

The benefits go beyond flexibility. Regular stretching and yoga can help reduce chronic tension, improve posture, and support joint and muscle health. Slow, intentional movement paired with steady breathing can calm the nervous system, lower stress levels, and even improve sleep quality. For many patients, this sense of calm carries into daily life—helping them feel more centered, focused, and resilient.

Dr. Tan often reminds patients that movement does not need to be intense to be effective. A few minutes of stretching in the morning, a short yoga flow in the evening, or even mindful breathing between meetings can help reset the body and mind. These small moments of care add up, supporting circulation, balance, and long-term mobility.

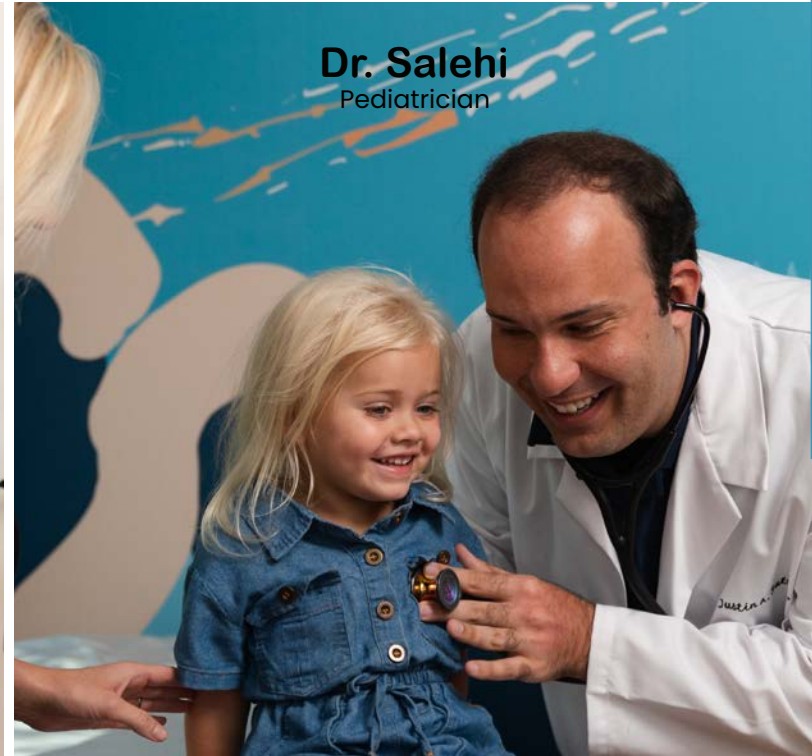
Stretching and yoga also create space for awareness—helping patients notice how their bodies feel, where tension lives, and when it's time to slow down. This awareness can play a powerful role in preventing injury, managing pain, and maintaining independence as we age.

Dr. Tan encourages patients to start simply: reach overhead when you wake up, stretch your hips after a long day, or follow a gentle yoga routine that feels good—not forced. Paired with regular wellness visits and preventive care, these practices help build a foundation of health that supports both body and mind.

True wellness, Dr. Tan believes, is not about pushing harder—it's about moving with intention, breathing deeply, and allowing the body the care it deserves.



Trusted Pediatricians



You can now schedule
appointments online!

ranchopediatrics.com



RANCHO FAMILY
PEDIATRICS

Step Into a World of Adventure

At Rancho Family Pediatrics, each visit takes your family on a journey. With globally themed rooms and a focus on fun, learning, and discovery, we make pediatric care exciting for kids and reassuring for parents.

Women's Health Care Close to Home

We've expanded to better serve you—our
second location is now open in Menifee!

Menifee Office



30420 Haun Road
Menifee, CA 92584



Kendra
Jones, MD



Noelle
Coen, MD



Kevin
Carnevale, MD

Murrieta Office



25460 Medical Center Dr, Suite 100
Murrieta, CA 92562

Dr. Charles C. Yang
Dr. Debra Kay Lebo
Dr. Elizabeth LoCascio
Dr. Emily Thomson
Dr. Tammy Lynn Hayton
Dr. Renae Jackson
Nancy Ferrell, RNP

Ready to prioritize your health? Give us a call today.
We're excited to help you live your healthiest life!

temeculavalleyobgyn.com

951.677.4748

FRENCH VALLEY OFFICE

Meet Dr. Jennifer Boozer

FAMILY PHYSICIAN

Dr. Jennifer Boozer is a family practice physician at Rancho Family Medical Group's Winchester office. A Southern California native, she is dedicated to providing comprehensive, patient-centered care for individuals and families across all stages of life.

EDUCATION & TRAINING

Dr. Boozer completed her undergraduate degree in gerontology at the University of Southern California and earned her Doctor of Osteopathic Medicine from Touro University. She went on to complete her internship at Arrowhead Regional Medical Center and her family medicine residency at Chino Valley Medical Center.

CLINICAL INTERESTS

Dr. Boozer values the wide scope of family medicine and enjoys caring for patients

of all ages and backgrounds. She has a special passion for preventive care and focuses on helping patients stay healthy through education, lifestyle modifications, and proactive healthcare strategies.

PHILOSOPHY OF CARE

Dr. Boozer believes in partnering with her patients at every visit, empowering them to take an active role in their health. Her approach centers on prevention, long-term wellness, and supporting patients before illness develops.

OUTSIDE THE CLINIC

Outside of medicine, Dr. Boozer is a mother of three and enjoys watching her children grow and explore the world. She is also a dedicated equestrian and finds balance and fulfillment through horseback riding and the fitness that supports it. Dr. Boozer is passionate about living an active, healthy life and encouraging others to do the same.



A woman with long brown hair, smiling and looking slightly to her left. She is wearing a black blazer over a dark top. The background is a plain, light-colored wall.

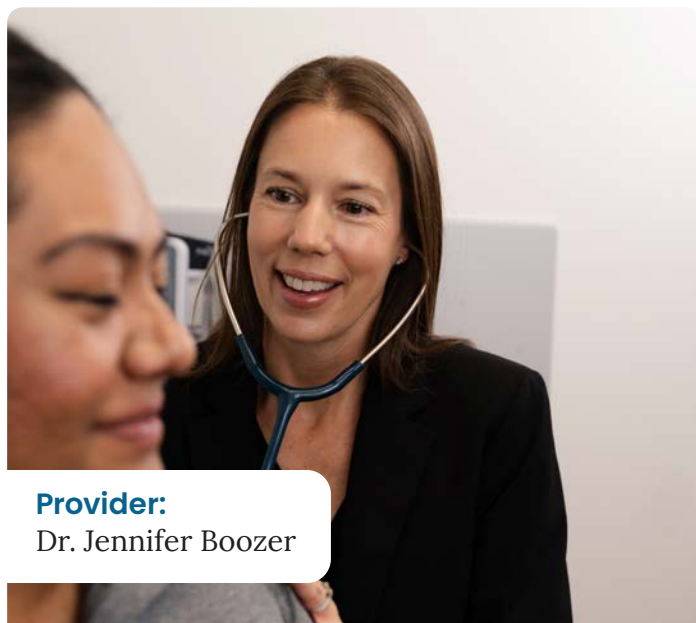
Seeing
patients in
Winchester

Call to Schedule
an Appointment:
(951) 676-4193



Office Location:

30772 Benton Rd, Ste. 01
Winchester, CA 92596



Provider:

Dr. Jennifer Boozer

New Clinic Coming Soon: French Valley

EXPANDING CARE. SHORTER WAITS. SAME TRUSTED TEAM.

We're excited to announce the upcoming opening of our Rancho Family Medical Group – French Valley location! This new clinic is part of our continued commitment to improving access to high-quality, compassionate care for our community—so you can be seen sooner and on a timeline that works for you.

Appointment scheduling and more details will be available soon. Visit our website for updates.

[ranchofamilymed.com](https://www.ranchofamilymed.com)

Why a New French Valley Location?

Better Access to Care:

More appointment availability means shorter wait times and faster visits.

Convenient Location:

Designed to serve the growing French Valley community and surrounding areas.

Continuity You Can Trust:

The same Rancho Family Medical Group values, standards, and patient-first approach.

Zuppa Toscano

Servings
10

Prep Time
15 min

Cooking Time
20 min

Calories
114 kcal

Ingredients

1lb Italian sausage, spicy or sweet depending on preference
 ½ package of shredded kale
 ½ large onion, chopped
 2 tbsp chopped garlic
 1 package of gnocchi
 4 slices of bacon, chopped into pieces
 1 cup heavy whipping cream
 5 cups chicken stock
 Salt, pepper, and red pepper flakes to taste

Directions

STEP 1 In a large soup pot, cook Italian sausage over medium high heat until browned. Take out the sausage and set aside on a plate.

STEP 2 Cook the chopped slices of bacon in the pot until crispy and set aside on a paper towel lined plate for the fat to drain.

STEP 3 In the bacon fat, sautee onions until almost translucent and add the garlic until fragrant. Make sure not to burn the garlic or it will become bitter.

STEP 4 Add the sausage back into the pot and mix with the garlic and onions. Add in the chicken stock and bring to a boil.

STEP 5 Taste and make sure the soup is seasoned enough with salt and pepper and red pepper flakes if using.

STEP 6 Once the water is boiling, put in the gnocchi and cook according to package instructions, typically 3 minutes. Once the gnocchi is cooked, turn off the heat.

STEP 7 Add in the heavy whipping cream and kale and stir until the kale is wilted and the cream is incorporated.

Primary Care vs. Urgent Care

It's tough knowing whether to call your doctor or head to urgent care, but this quick guide makes it easy: primary care for ongoing health, urgent care for sudden minor issues.

SERVICES	PRIMARY CARE SERVICES	URGENT CARE SERVICES
	Ongoing, long-term wellness partner • Chronic condition management • Preventive screenings • Routine checkups • Vaccinations • Medication management • Referrals to specialists	Immediate care for minor issues • Minor wound care • Flu/strep testing • Ear infections • Burns/sprains • Allergy treatment • X-rays/lab tests
TIMING	Appointments needed, ongoing care	Walk-in, same-day
FOCUS	Prevention, continuity, long-term care	Minor, non-life-threatening now
BEST FOR	Checkups, chronic issues	Sudden illnesses/injuries





Extended Hours & Walk-In Visits



iCare Office

27722 Clinton Keith Rd.
Murrieta, CA 92562

(951) 878-9820

WHEN TO COME IN-PERSON

You need an in-person visit if it requires a physical exam, diagnostic testing or hands-on treatment:

- Cuts or lacerations needing stitches or wound care
- Sprains, strains, or possible fractures needing X-rays
- Ear pain or infection
- Eye injury or infection
- Severe sore throat
- Abdominal pain or urinary retention
- Mild shortness of breath or chest pain
- Persistent vomiting or dehydration
- Allergic reactions needing observation or medication
- Animal or insect bites
- Abscess needing drainage

WHEN A VIRTUAL VISIT WORKS

Virtual care works for issues we can safely manage by video, no hands-on procedures needed:

- Mild cold or flu symptoms
- Sinus infections or upper respiratory infections
- Rashes or mild skin infections
- Seasonal allergies
- COVID-19 concerns or questions
- Mild anxiety or sleep issues
- Pink eye without vision changes or pain
- Head lice or minor skin concerns

icareuc.com



WILDOMAR OFFICE

Meet Dr. Anh Brewer

FAMILY PHYSICIAN

Dr. Anh Brewer is a family physician at Rancho Family Medical Group's Wildomar office. She is dedicated to providing comprehensive, whole-person care and is excited to serve patients and families in the Wildomar community.

EDUCATION & TRAINING

Dr. Brewer completed her undergraduate studies at UCLA and earned her medical degree from Western Medical School. She went on to complete her medical training at St. Luke's Hospital in Pennsylvania.

CLINICAL INTERESTS

Dr. Brewer focuses on treating the whole person and emphasizes lifestyle-based approaches to health. She is passionate about helping patients make sustainable lifestyle changes to prevent disease, reduce the need for medications, and support long-term wellness.

PHILOSOPHY OF CARE

Dr. Brewer believes that healthy choices are the foundation of lifelong health. She partners closely with her patients, encouraging education, prevention, and proactive decision-making to help them achieve and maintain overall well-being.

OUTSIDE THE CLINIC

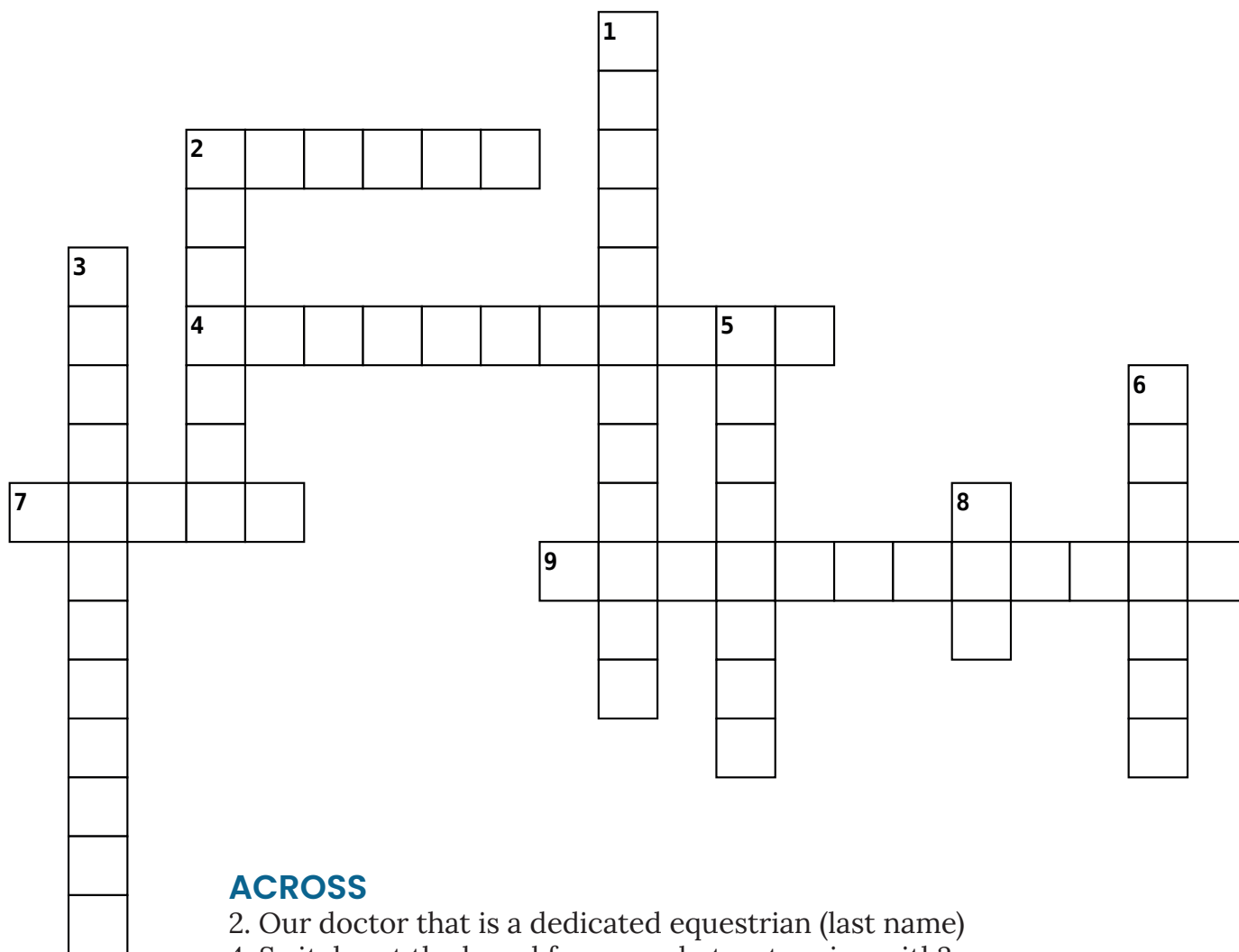
Outside of the office, Dr. Brewer enjoys staying active through cooking and eating well, hiking, backpacking, and biking. She strongly advocates for physical activity as an essential part of both physical and mental health.





Seeing patients
in Wildomar

Call to Schedule
an Appointment:
(951) 676-4193



ACROSS

2. Our doctor that is a dedicated equestrian (last name)
4. Switch out the bread for avocado toast recipe with?
7. An office we partner with for urgent care
9. The name of our medical group

DOWN

1. A yummy soup with gnocchi
2. Which doctor graduated from Murrieta Valley High School? (last name)
3. What is the name of our new clinic coming soon?
5. What city is our Pediatrics office?
6. Completed medical school at Ross University School of Medicine in Dominica (last name)
8. Our doctor who enjoys yoga (last name)

DOWN

1. Zuppa Toscana
2. Blosser
3. French Valley
5. Temecula
6. Neilson
8. Tan

ACROSS

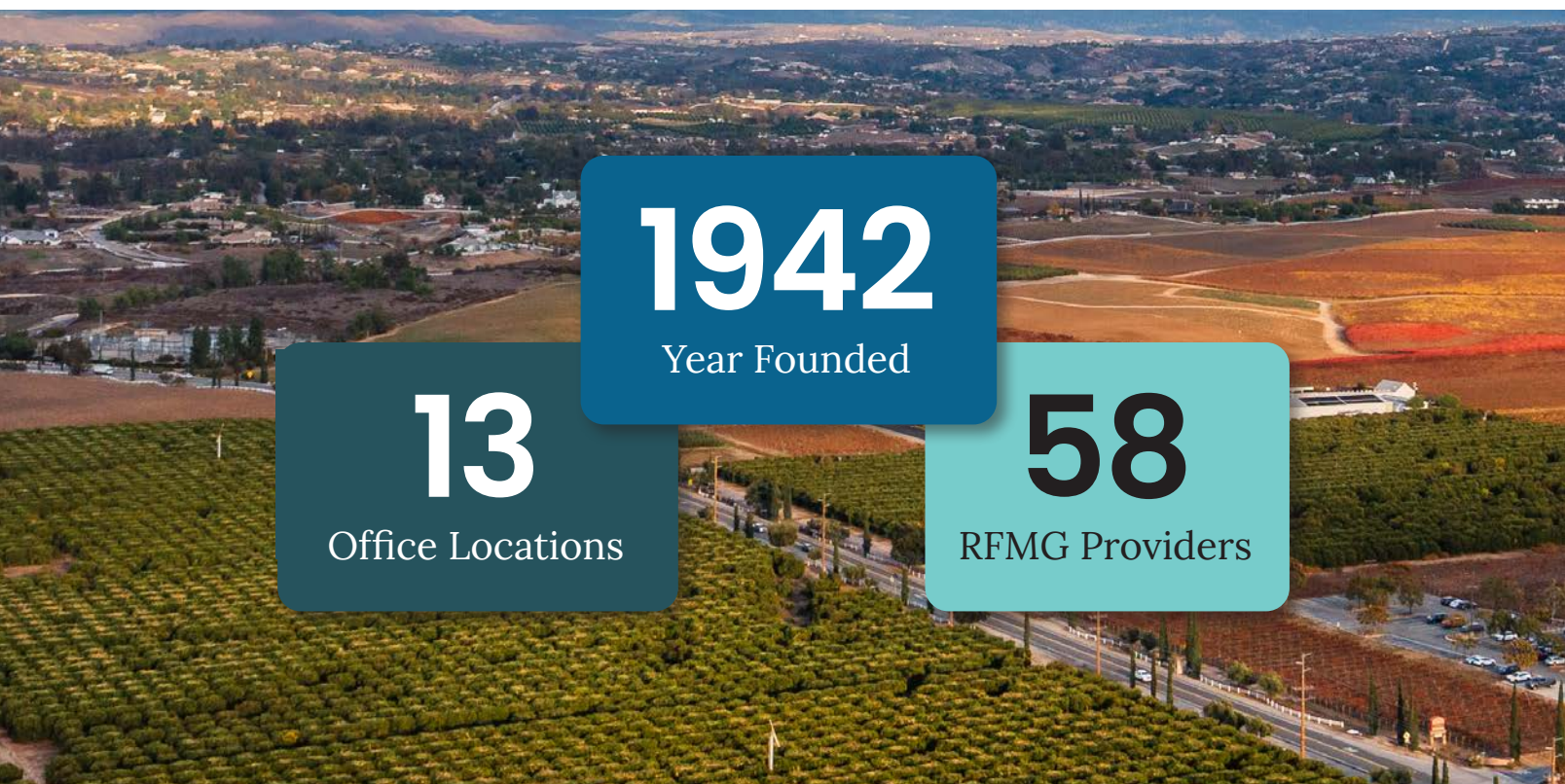
2. Boozar
4. Sweet Potato
7. iCare
9. Rancho Family

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7	5	3			6		9	



1942

Year Founded

13

Office Locations

58

RFMG Providers

Primary Care | Pediatrics | Senior Care
Urgent Care | Hospitalists | Wellness Resources

Call to Schedule
an Appointment:
(951) 676-4193

**RANCHO FAMILY**
MEDICAL GROUP

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February 2026