



135 West 300 South, Spanish Fork

Monday – Thursday

7:30 am – 5:30 pm



MELINDA MIDGLEY, MD

I am the Physician with special experience in OB, Gynecology, Women's Health, Sports Medicine, and Mental Health. She is excited to be serving the educators, administrators, and staff of Nebo School District. She loves anything outdoors with her family and playing soccer. She is married and has five children. They all love, skiing, and their two cats.



CYNTHIA WHITING, MSN FNP-C

I am the Nurse Practitioner with over 17 yrs of health care experience in a variety of settings. I am honored to be serving Nebo School District employees & their families and look forward to building long term relationships with each of them as we work together to reach their personal health and wellness goals. I enjoy spending time with family, and spending time outdoors - hiking, cycling, and traveling.



ALICE GRIFFITH, RN

I am the Nurse - During my nursing career I have worked in behavioral health and surgical services. I grew up in sunny California and enjoy sailing and skiing. My favorite quote: "The best way to find yourself is to lose yourself in the service of others." - Mahatma Gandhi



LAURA ARELLANO GARCIA, CCMA

I am the Medical Assistant-The youngest of eight; losing my mother at a really young age and that contributed to me wanting to be in the medical field and help those who need it most. Exp with pediatric, family medicine, acute care, sleep medicine and occupational health. "Life is a lot more fragile than we think. So you should treat others in a way that leaves no regrets. Fairly, and if possible, sincerely." — Haruki Murakami



ABBIE WEBSTER, RN

I am the Health Center manager for three Premise health clinics in Utah. I have been in health care for 20 years, and I LOVE what I do. I love to be there for people and to make a difference in their lives. "Whether you think you can, or you think you can't—you're right!"



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Who can use these services?

All NEBO School District employees covered on the District medical insurance and their dependents can be seen at the Health & Wellness Center.