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About Kendra Sheppard, MD, MSPH, CMD

When she was younger, Dr. Kendra Sheppard’s grandparents gave her a picture of older adulthood that she valued and respected. This, along with her studies, led Dr. Sheppard to become board certified in geriatrics. “I am honored to guide older adults in their health choices,” she says. “I value their experience and want to help them enjoy this part of their lives fully.” To do this, Dr. Sheppard takes time to listen and go the extra mile to get her patients what they need.

In addition to patient care, Dr. Sheppard has also served as a medical director, assistant professor, and leader for many medical councils and committees. When she’s not working, Dr. Sheppard likes to spend time with her dog, read, and travel.

Kendra Sheppard, MD, MSPH, CMD

Center Medical Director

**LANGUAGES
SPOKEN**
English

SPECIALTIES
Primary Care

EDUCATION
Meharry Medical College
University of Louisville
University of Alabama at Birmingham
Howard University

ASSOCIATIONS
American Board of Internal Medicine
American College of Physicians
American Geriatrics Society
The Society for Post-Acute and Long-Term
Care Medicine

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