



**“I love educating patients about ways they could maximize their health and wellness.”**

**About Gillian Ashman-Reid, MD**

A self-described “excellent listener,” Dr. Gillian Ashman-Reid strives to create a “partnership” with patients to help them achieve their health goals. She is passionate about preventative and individualized care. “I love educating patients about ways they could maximize their health and wellness,” Dr. Ashman-Reid says. She finds joy in working with the senior population and listening to their stories. To stay up to date with advancements in the field, Dr. Ashman-Reid reads American Academic of Family Medicine journals.

In her free time, she enjoys cooking—particularly Japanese and Chinese cuisines—as well as spending time with her husband and two sons. Dr. Ashman-Reid also enjoys dancing and hopes to one day travel to Alaska.

# Gillian Ashman-Reid, MD

**LANGUAGES  
SPOKEN**

English

**SPECIALTIES**  
Primary Care

**EDUCATION**  
Saba University School of Medicine  
Rutgers Robert Wood Johnson Medical School  
State University of New York Health Science Center  
New York City College of Technology

**ASSOCIATIONS**  
American Academy of Family Physicians

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5675 N. Front Street, Suite 141,  
Philadelphia, PA, 19120

[\(267\) 428-6575](tel:2674286575)

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