



Sandra Holmes, D.O.

LANGUAGES SPOKEN

English

SPECIALTIES

Primary Care

EDUCATION

George Brown College

York University

Touro University College of Osteopathic
Medicine

Excela Health System

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“I believe seniors have formulated the fabric of this nation and deserve the utmost quality of care. It is an honor to serve them”

About Sandra Holmes, D.O.

“Every part of my being knew I was destined to be a physician,” explains Dr. Sandra Holmes, who views serving the underserved, vulnerable, and disenfranchised populations to be her mission in life. She adds, “I believe seniors have formulated the fabric of this nation and deserve the utmost quality of care. It is an honor to serve them.” She loves treating patients holistically and practices Osteopathic Manipulative Therapy. Empathy, active listening, and celebrating her patients’ victories are key in her practice.

In her free time, Dr. Holmes can be found enjoying the outdoors and spending quality time with her large family. “My youngest son loves playing Flag Football and we enjoy watching his games as a family,” she adds.