SEQUOIA INTEGRATIVE MEDICAL SERVICES

DR. MARY KATE FRIESS

DNP, FNP-BC, PMHNP-BC
CEO, FOUNDER, & CO-OWNER



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Dr. Mary Kate is a board-certified family nurse practitioner with over 30 years of experience in a variety of health care settings. Caring for the underserved and vulnerable is truly one of Mary Kate's great passions, which is why, after a long career in health care and nursing education, Mary Kate partnered to found Sequoia Integrative Medical Services in 2020. After three successful years, Sequoia continues to positively impact patients in multiple locations.

In her free time, Mary Kate loves being with her two beloved children, two amazing stepsons, her husband, her family, and her friends. Traveling, hiking, gardening and speaking French creates joie de vivre.