

August 20th, 2007

Dear Patients, Friends, and Colleagues,

I am happy to announce that I will be back in my office in September! As you know, in October 2006 I took a leave of absence to begin a sabbatical. I left my office in the very capable care of Dr. Deborah Shepard who has proven herself a very excellent physician and valuable addition to our community.



Dr. Anna Cabeca with daughters Amanda and Amira at the holy grotto in Lourdes, France.

I've met with interesting, instructional, spiritual and informative people over the past year. My family and I have also been able to share wonderful times. While journeying I was able to meet with world class leaders in Women's Health, native, traditional, and spiritual healers in five continents. From top specialists in the USA to New Zealand, and from a Native American Shaman to an Indonesian traditional medicine man, experiencing with an open mind alternative and integrative medicine to today's cutting edge technology and practices.

Honestly, this year has been very challenging, and difficult and at times I had even wanted to give up, but tomorrow always came, and with it something new to do and learn and hope for. I look forward to reconnecting with you and sharing my knowledge. As I return to my office in September, I look forward to providing even better care than I have ever in the past and resuming our family's life in our community.

As in the beautiful ancient Incan philosophy, my goal each day is to provide good service, give and experience love, gain and share wisdom.

Wishing you and your families the best always,

Anna M. Cabeca, DO, FACOG