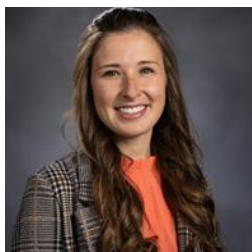


Our Residents

Utah Valley Family Medicine Residency Program

Class of 2026



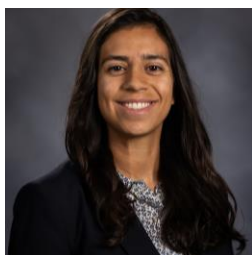
Cayla E. Van Alstine, MD Co-Chief Resident

Dr. Van Alstine graduated from the University of South Alabama College of Medicine. She grew up in a military family in Enterprise, Alabama. From skiing to rock climbing, and everything in between, she and her family love the outdoors. She shares two beloved fur babies with her significant other, and they are all excited to call Utah home.



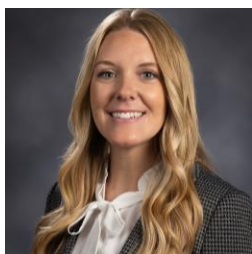
Chaseton C. Womack, DO Co-Chief Resident

Dr Womack grew up in Kaysville, UT, graduating from Utah State University (go Aggies!). He attended medical school at Des Moines University and is overjoyed to be part of the Utah Valley team. His medical interests include mental health, procedures, sports medicine, and prenatal care. Outside of medicine he enjoys road biking, attending the movies with his wife, and serving as a human jungle gym to his four small children.



Natalia N. Garcia, MD

Dr. Garcia completed her undergraduate degree at Brigham Young University and her medical degree at the University of Utah. Dr. Garcia grew up in Mapleton, Utah and went to Springville High School, where she met her husband. They welcomed their first son in 2022. In her free time, she enjoys spending time with family, running, traveling, hiking, rock climbing, and being outdoors. She also enjoys cooking and her favorite type of food is Mexican food.



Karly Gardner, DO

Dr. Gardner is from Washington, D.C. She earned her undergraduate degree from Brigham Young University and attended medical school at the Kentucky College of Osteopathic Medicine. Dr. Castellaw is passionate about providing care to underserved populations and is interested in both inpatient and outpatient medicine. In her free time, she enjoys hiking, playing tennis, boating, and skiing in Utah's beautiful ski resorts with her husband.



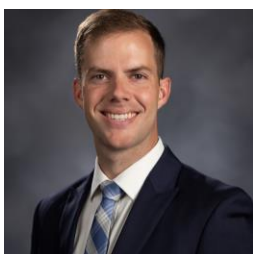
Nadia Holladay, DO

Dr. Holladay was born in Sao Paulo, Brazil and grew up in Campo Grande, Mato Grosso do Sul, Brazil. She moved to the United States in 2010 to raise her children. After living in Utah for almost a decade, she moved to Long Island, New York to attend the New York Institute of Technology College of Osteopathic Medicine. Her professional interests include full-spectrum family medicine, preventative medicine, mental health, addiction medicine, and working with underserved populations. Outside of medicine, she enjoys hiking, dancing, baking, and spending time with her family and friends.



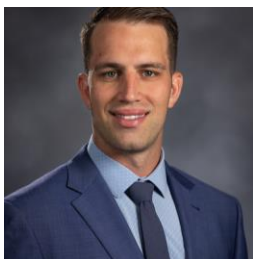
Jordan A. Nelson, MD

Dr. Nelson was born and raised in St. George, Utah. He earned his undergraduate degree from the University of Utah and medical degree from the University of Central Florida. His professional interests include full-spectrum family medicine and preventative medicine. Outside of medicine, he enjoys spending time with his beautiful wife and daughter along with a multitude of hobbies including piano, drums, DJing, vinyl record collecting, and mountain biking.



Scott B. Tingey, DO

Dr. Tingey grew up in Salt Lake City, Utah. After serving a two-year mission, he attended the University of Utah to study business administration. He then moved to Kansas City with his wife where he attended medical school at Kansas City University. His professional interests include sports medicine, preventive medicine, women's health, obstetrics, and pediatrics. Outside of medicine, he enjoys spending as much time with his wife and three kids as he can, playing and watching a variety of sports, boating, and spending time outdoors.



David A. Waterman, MD

Dr. Waterman grew up in rural Caldwell, Idaho. He attended Northwest Nazarene University where he earned a degree in marketing. Dr. Waterman graduated medical school from the University of Washington through the university's multi-state medical education program as an Idaho WWAMI student. His medical interests include hospital, international, and rural full-spectrum family medicine. Dr. Waterman married his best friend, who is a nurse and his favorite person to go on adventures with. On a sunny day, they enjoy running, backpacking, skiing, fly fishing, mountain biking, and traveling. On a rainy day, they can be found tying flies, reading a book, woodworking, or playing piano or guitar.

Class of 2027



Bret S. Andrew, MD

Dr. Bret Andrew graduated medical school from the University of Washington. Dr. Andrew grew up in Casper, WY, and he and his wife love all things outdoors: hiking, camping, hunting, fishing, and skiing. Dr. Andrew also is a musician and in his spare time loves to perform live shows! Dr. Andrews' medical interests include full spectrum care, preventative medicine, and sports medicine. He and his wife are excited to be a part of Utah Valley.



E. Harper Christensen, MD

Dr. Harper Christensen grew up in Riverton, Utah. She attended the University of Utah School of Medicine and is married with three beautiful children. She enjoys the outdoors and spending time with family. Professionally, she is interested in full-spectrum family medicine including pediatrics, women's health, mental health, and sports medicine.



Katie E. Ernste, MD

Dr. Ernste grew up in Faribault, MN. She graduated from the University of Minnesota before attending the Medical College of Wisconsin. Her medical interests include women's health and obstetrics, pediatrics, and working with underserved populations. In her free time, she enjoys doing anything outdoors, especially going for hikes, playing volleyball and downhill skiing.



Boston E. Gubler, MD

Dr. Gubler went to medical school at the University of Colorado. He and his wife are both from small towns in the Southwest of Utah and they have two wonderful sons. When he's not playing with his family, Dr. Gubler enjoys to read, hike, play basketball or boardgames, and eat good food with fun people. Dr. Gubler's medical interests include OB, Rural and Sports Medicine.



Jonathan Nielsen, MD

Dr. Nielsen grew up in St George, Utah, earned his undergraduate degree from Southern Utah University, and medical degree from University of Texas Medical Branch in Galveston, Texas. Outside of medicine, he enjoys spending time with his wife and two children, watching sports, and playing all manner of games!



Bryce P. Snow, MD

Dr. Snow went to medical school at the University of Washington. He is interested in full scope Family Medicine but is particularly interested in lifestyle, longevity, and sports medicine, as well as emphasizing mental well-being. In his spare time, he enjoys skiing, biking, hunting, and reading.



Clayton G. Watts, MD

Dr. Watts was born and raised in Boise, Idaho and attended Creighton University for medical school. Dr. Watts and his wife have one daughter and consider themselves to be foodies while enjoying everything in the outdoors. Dr. Watts enjoys traveling and hopes to explore all over the world with his family.



Seddrick B. Weekes, DO

Dr. Weekes grew up in a small town called Middlebury in northern Vermont. He completed his undergraduate at Brigham Young University with a degree in exercise science. Dr. Weekes attended the Alabama College of Osteopathic Medicine for medical school and is interested in sports and family medicine. He enjoys spending time with his wife and daughters when he's not at work. In his spare time, he loves sports and enjoys soccer, basketball, football, snowboarding and pretty much anything that keeps him active.

Class of 2028



Jeremy Allred, MD

Dr. Allred is originally from Layton, Utah, and earned his undergraduate degree in Spanish from Brigham Young University. He completed his medical education at Virginia Commonwealth University in Richmond, Virginia. Dr. Allred has a strong interest in caring for Spanish-speaking patients and values building meaningful connections through language and culture. Outside of medicine, he enjoys spending time with his wife and young son, especially while rock climbing, snowboarding, and backpacking.



Dalton Beeson, DO

Dr. Beeson was raised in Cedar City, Utah, and earned his undergraduate degree from Southern Utah University. He went on to complete his medical education at Rocky Vista University College of Osteopathic Medicine. His clinical interests include full-spectrum family medicine, preventive care, sports medicine, and rural health. In his free time, Dr. Beeson enjoys spending time outdoors with his wife, engaging in activities such as hiking, hunting, and playing sports.



Rachel Coy, DO

Dr. Rachel Coy is a lifestyle medicine enthusiast who loves helping people live healthier, more balanced lives. She went to medical school at A.T. Still University and brings that holistic mindset into everything she does. Outside of work, she's always on the move—whether it's running, hiking, boxing, dancing, or traveling—and she's just as happy tackling a DIY home project or getting competitive at trivia night. Dr. Coy also loves live music, reading poetry and literature, and spending quality time with her family and friends.



Porter Edwards, DO

Dr. Edwards was raised in Alpine, Utah, and completed his undergraduate studies at Southern Utah University. He earned his medical degree from Rocky Vista University in Southern Utah, where he developed a strong foundation in patient-centered care. Outside of his medical practice, Dr. Edwards enjoys spending quality time with his wife and their two sons, often exploring the outdoors through hiking, camping, boating, and discovering slot canyons. An avid endurance athlete, he and his wife have both completed 50-mile ultra marathons, reflecting their shared commitment to health and perseverance.



Nathan Gottfredson, MD

Dr. Gottfredson was raised in St. George, Utah, and completed a two-year mission in Atlanta, Georgia before earning his undergraduate degree in Exercise Science from Dixie State University. He received his medical degree from the University of Central Florida College of Medicine in Orlando. His professional interests include lifestyle medicine and sports medicine, with a focus on promoting long-term wellness and physical performance. Outside of his medical practice, Dr. Gottfredson enjoys spending time with his wife and three children, exploring the outdoors through hiking, boating, fishing, and traveling.



Rustin Limb, DO

Dr. Rustin Limb is a dedicated physician with a deep passion for rural medicine, combining his love for community care with a spirit of adventure and creativity. Outside of his medical practice, he enjoys hiking with his family, fly fishing, and cooking with cast iron and Dutch ovens. He also dabbles in woodworking, crafting wooden scoops, and stays active through pickleball, softball, spikeball, and mountain biking. Whether in the clinic, outdoors, or workshop, Dr. Limb brings curiosity, craftsmanship, and heart to everything he does.



Mariangela Santiago, DO

Dr. Santiago was born and raised in Venezuela before relocating to Utah with her husband. She earned her undergraduate degree from Utah Tech University and completed her medical education at Rocky Vista University. Her professional interests include preventive medicine, mental health, and providing care to underserved populations. In her free time, Dr. Santiago enjoys staying active through exercise and dance, traveling, and spending quality time with her family.



Easton Weaver, DO

Dr. Weaver was born and raised in Cedar City, Utah. He completed his undergraduate studies at Southern Utah University and earned his medical degree from A.T. Still University's Kirksville College of Osteopathic Medicine in Missouri. His professional interests include pediatrics, rural medicine, and preventive care. Outside of his medical practice, Dr. Weaver enjoys spending time outdoors with his wife and two young sons—camping, fishing, and hunting—as well as following sports, particularly baseball and Arsenal F.C.