

Our Philosophy of WomanCare

WomanSafeHealth is a safe, respectful and compassionate practice in which a woman defines and obtains her Gynecology and WomanCare health services.

Your WomanCare Medical Visit

At each gynecological, general care, pregnancy consultation, or psychological health visit, we tailor our sensitive, thorough approach to meet your individual needs and concerns. Some visits include a physical or pelvic exam, while others are discussion-only. We are careful to make each exam and procedure as comfortable, informed and safe as possible. We strive to honor your important relationships and personal commitments and offer family-friendly care.

SelfCare Room

The SelfCare Room is designed to benefit women with a variety of conditions while enhancing the ability to learn about and care for ourselves. The room includes a Migun thermal massage table, Migun Skinfive hand unit, full-spectrum therapeutic lamp, exercise and relaxation equipment and educational materials. Your first visit, which includes a brief orientation, is free.

Medical Empowerment Program

Empowering women to face health challenges and navigate medical settings with greater confidence, effectiveness and ease.

Our program includes the Medical Empowerment Workshop, Medical Empowerment Support Group, and Private Medical Empowerment Sessions as well as Woman Advocacy.

Your WomanSafeHealth Team

Elizabeth Shadigian, MD

Elizabeth is an obstetrician-gynecologist, consultant, educator, and researcher specializing in the health, safety and well-being of women. She received her medical degree from Johns Hopkins University, has been board-certified in obstetrics and gynecology since 1996 and is a fellow of the American College of Obstetricians and Gynecologists.



Tracey Barr, RN

Tracey is a nurse who focuses on high-risk maternal healthcare and medical ethics. She provides IV therapy, complex blood draws, support, and education.

Victoria Evans, RN

Victoria is a nurse and holds a BA in journalism. She is an active advocate for women, mothers and older adults, internationally and across the country.

Sierra Hillebrand, MA, TLLP

Sierra holds an MA in clinical psychology and is a doctoral candidate at Pacifica Graduate Institute. She has provided clinical services to women and their families as a midwife, doula and childbirth educator since 1997.

Emily Nacy, BS

Emily holds a BS in women's studies and biological anthropology from the University of Michigan. She will be attending medical school in 2010 and is a Spanish speaker.

Psychological Services



Sierra Hillebrand, MA, TLLP

Sierra is a psychotherapist and educator specializing in life transitions, women's health, childbearing issues, trauma and parenting and relationship issues. In addition to psychotherapy, Sierra offers nutritional consultations, private childbirth preparation and infant massage instruction.

Acupuncture & Oriental Medicine



Stephanie Macey, RN, MSOM

Stephanie offers acupuncture, other Oriental medicine practices and Reiki to treat a number of health concerns, including pain, smoking cessation, addictions, infertility, chronic fatigue, pregnancy and breastfeeding issues, menstrual disorders, digestive problems, anxiety, depression and insomnia.

Therapeutic Massage



Cindy Tomasik, NCTMB

Cindy is a nationally certified massage and bodywork therapist with over 13 years of experience. She specializes in therapeutic, geriatric, oncology, and pregnancy massage.

Payment Policy

WomanSafeHealth is a fee-for-service medical practice. You are responsible for paying in full at the time of service. We accept many forms of payment. We will provide you a receipt at the time of your visit that you can submit to an insurance company for possible reimbursement.

Center Photo
Top Row: Victoria, Elizabeth, Emily
Bottom Row: Sierra, Tracey

Cover Photo
by Harriette Hartigan



We welcome women and girls of every age and ability, size, shape, color and sexuality, from all social, spiritual and cultural backgrounds.

We provide a safe, family-friendly environment in which you can seek, explore, define and receive Gynecology and WomanCare health services.

WomanCare meets a woman's physical and psychological health needs through conventional and alternative approaches, and encourages and promotes self-care.

We welcome all women, including those who feel unwelcome in other medical settings and those who have experienced physical and/or sexual violence or disrespect.

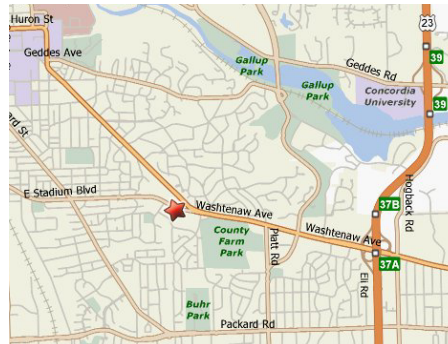
We provide a secure, private, barrier-free, fragrance-free, environmentally friendly office including cotton linens, bamboo cabinets and floors, and low VOC paints.

Please Contact Us

We are pleased to speak with you about the services we offer, our prices and payment policy, our philosophy of WomanCare, and to schedule an appointment.



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AATA Bus Route 4 or 14 ~ free parking



Elizabeth Shadigian, MD
Gynecology and WomanCare



Our Guiding Principles

- I welcome you
- I listen to you
- I believe you
- I protect your privacy
- I am accountable to you
- I respect "no"