

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 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 is free.

Medical Empowerment Program

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

Our program includes Medical Empowerment workshops, support groups, and private Medical Empowerment sessions as well as Woman Advocacy, where a specially trained advocate accompanies a woman to appointments.

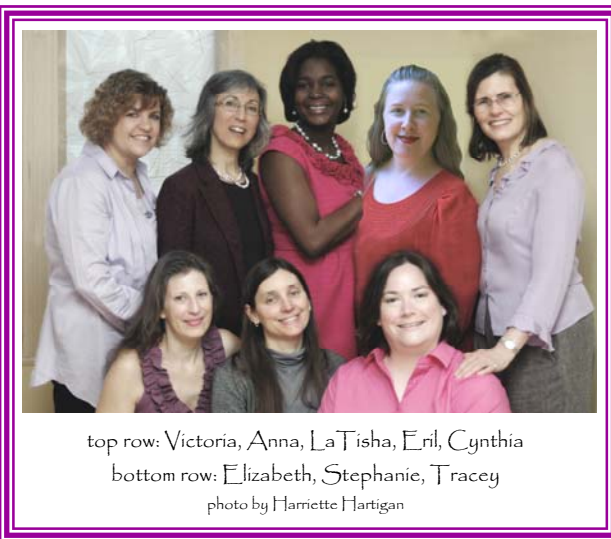
Payment Policy

WomanSafeHealth is a fee-for-service medical practice. You are responsible for paying in full at the time of service. We welcome clients without and with insurance. We will provide you a receipt at the time of your visit that you can submit to an insurance company for possible reimbursement.

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.



top row: Victoria, Anna, LaTisha, EriL, Cynthia

bottom row: Elizabeth, Stephanie, Tracey

photo by Harriette Hartigan

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.

LaTisha Mitchell-Harrison, MBA

LaTisha, WomanSafeHealth's Practice WoManager, holds a Masters in Business Administration. She has 10 years experience in healthcare administration and caregiving and especially enjoys serving women with disabilities.

Acupuncture and Oriental Medicine

Stephanie Macey, RN, MSOM

Stephanie holds a Master of Science in Oriental Medicine and offers acupuncture, other Oriental medicine practices including herbs and Reiki to treat a broad array of health concerns, including acute and chronic pain, smoking cessation, addictions, infertility, chronic fatigue, pregnancy and breastfeeding issues, menstrual disorders, digestive problems, anxiety, depression, insomnia and more.

Homeopathic and Chiropractic Care

Anna Petrou Alf, DC

Anna is a chiropractor, homeopathic practitioner and hatha yoga instructor who received her doctorate (DC) from the National College of Chiropractic and her homeopathic training from the Canadian Academy of Homeopathy. She offers a combined mind-body approach to correcting alignment and treating constitutional ailments.

Psychotherapy Services

Cynthia Greene, LMSW, PCD

Cynthia earned her Master's Degree in Clinical Social Work from the University of Michigan and specializes in trauma recovery and breastfeeding and post-partum adjustment. She is a Post-Partum Doula and La Leche League Leader and holds a Sexual Health Certificate.

Therapeutic Massage

EriL Andes, CMT, APP

EriL is a graduate of the Ann Arbor Institute of Massage Therapy and the Polarity Center. She has been practicing therapeutic massage for more than ten years and integrates Polarity work to create an exceptional healing experience for her clients. Polarity Therapy uses energy techniques to balance the body and mind. EriL also specializes in pregnancy and infant massage and trauma recovery.



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.

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.

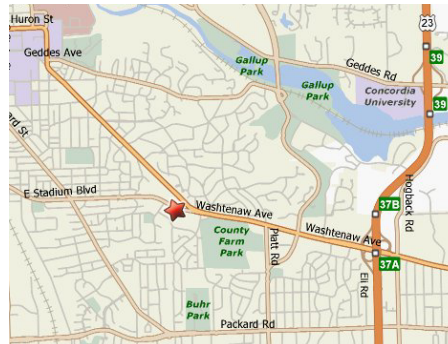
WomanCare meets a woman's physical and psychological health needs through conventional and alternative approaches, and encourages and promotes self-care.

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.



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AATA Bus Route 4 or 14 ~ free parking



Elizabeth Shadigian, MD
Gynecology and WomanCare



Our Guiding Principles

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