



2025

APRIL

WELCOME TO OUR

Monthly Newsletter

A Note from MedFlex Spaces

Welcome to the first edition of the MedFlex Spaces Newsletter!

At MedFlex Spaces, our vision is to create a thriving community for healthcare and wellness professionals—a space where you can focus on what matters most: your patients and your practice. We're more than just office space; we're a supportive environment designed to help you grow, connect, and succeed.

Through our newsletters, we'll keep you updated on exciting developments, introduce you to fellow members, and share valuable insights to support your journey. In future issues, you can look forward to member spotlights, industry insights, upcoming events, special promotions, and helpful resources to enhance your practice.

We're thrilled to have you as part of the MedFlex community and look forward to growing together! If there's anything you'd love to see in upcoming newsletters, feel free to reach out—we'd love to hear from you!

— The MedFlex Spaces Team



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Meet the team!

Meet **Afiyah Dunbar** – a board-certified speech pathologist and founder of **Bright Speech** in Sugar Land, TX. With 17 years of experience, she specializes in treating communication and swallowing disorders in adults. Afiyah takes a personalized, goal-focused approach, creating a supportive environment where every patient's progress is celebrated.

WWW.mybrightspeech.com



Meet **Alexandria Suarez, DNP, FNP-C**– Founder of **Care By Alex**, a practice blending traditional and functional medicine to support lasting wellness. She offers primary care, weight loss management, hormone therapy, IV infusions, and more, with virtual services in multiple states and in-person care in Sugar Land, TX. Dr. Suarez is dedicated to patient-focused, science-backed healthcare tailored to each individual's needs.

Meet **Elisabeth Tan** – a Texas-licensed acupuncturist and founder of **Wellness Tyme**. She is dedicated to holistic healing, using acupuncture to promote balance, relieve pain, and support overall well-being. Through her practice, Elisabeth helps clients achieve better health naturally, one session at a time.



Meet **Olasunkanmi "Michael" Abiodun, MBA, APRN, PMHNP-BC** – Founder of **Milieu Psychiatry Consulting (MPC)**, Michael is a multi-state-licensed psychiatric nurse practitioner with over 15 years of experience. MPC provides comprehensive mental health care through both telemedicine and in-person services across multiple states. With a holistic, faith-based approach, Michael and his team support individuals facing anxiety, depression, addiction, ADHD, mood disorders, and more, ensuring accessible and compassionate care for all.



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Meet **Citadel Primary Care** – Founded by Isaac Gyamfi, Citadel Primary Care provides comprehensive, patient-focused healthcare with seamless insurance integration. From wellness check-ups to chronic disease management and mental health support, their team ensures accessible, high-quality care for every patient.

www.citadelprimarycare.com



Meet **Morénike Giwa Onaiwu, PhD, BCCS** – Founder and Principal Operator of **Advocacy Without Borders**, Dr. Giwa Onaiwu is a board-certified cognitive specialist dedicated to global health, human rights, and disability advocacy. Specializing in support for neurodivergent individuals and their families, she serves on the federal autism advisory committee and is a sought-after consultant and speaker, with presentations at the White House and the United Nations.

WWW.AdvocacyWithoutBorders.org

Meet **Michael Moss, DNP, FNP-BC** – Founder and Lead Provider of **Apex 7 Testosterone Men's Health LLC**. With over two decades in emergency medicine, Michael is passionate about individualized, holistic care for men. After his own cancer diagnosis, he launched Apex 7 in 2024 to focus on hormonal health and challenges often overlooked in traditional care. Michael champions a partnership approach that blends evidence-based practices with compassionate, personalized care, empowering men to take charge of their well-being.

WWW.https://www.apex7menshealth.com



Meet **Sharronica Stewart** – Founder of **On-Site Samples**, a mobile lab that redefines healthcare testing with speed, precision, and heart. Sharronica delivers trusted services—from DOT/NON-DOT drug testing to comprehensive blood work, DNA analysis, and biometric screenings—directly to homes, workplaces, and communities, ensuring dependable results with no waiting rooms and no delays.

www.onsitesamples.org



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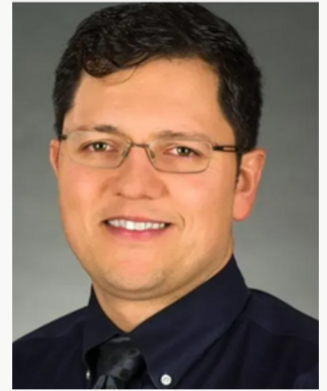
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Meet **Tomas G. Rios, MD** – a board-certified internal medicine specialist and owner of **Rios Healthcare Associates**, serving Houston and Sugar Land, TX. Dr. Rios and his team deliver comprehensive, affordable multispecialty care for adults and children—from chronic disease management and preventive check-ups to men's and women's health services. With onsite lab testing, imaging, and rapid diagnostics (including COVID-19 PCR tests), they ensure timely, quality care in a comfortable setting. Dedicated to personalized, compassionate care, Dr. Rios listens carefully and guides his patients on the best paths to improved health.

www.rioshealth.com



Meet **Uloma (Mercy) Chiakwelu, MSN, APRN, FNP-C** – a dedicated primary care nurse practitioner and wound care specialist, and owner of **CR Mobile Wound Care LLC**. Mercy is committed to delivering expert wound care, with a focus on chronic wound management, diabetic foot ulcers, and pressure ulcers. Through her mobile practice, she provides compassionate, high-quality care directly at patients' doorsteps. Her mission is to educate, empower, and enhance the quality of life for those in need of specialized wound care.

www.crmwoundcare.com

Limited Time Offer

Referral Discount: Get 50% off your next month when your friend signs up for a Professional or Professional+ plan!



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