

PROVIDER DIRECTORY

Caring for Mother and Baby



Meet our Obstetrics and Family Medicine Provider Team

Riverwood Healthcare Center offers prenatal, birthing and postpartum care with our highly-skilled Obstetricians, Physicians, and Nurse Practitioner Midwife. Our specialists provide you with a special level of personal attention and care that you deserve during this joyful time. Our birthing suites offer comfort and privacy, plus warmth from our friendly staff, reflecting the special attention and individualized services new moms come to expect.



Erik Bostrom, MD

Sees patients at our Aitkin clinic

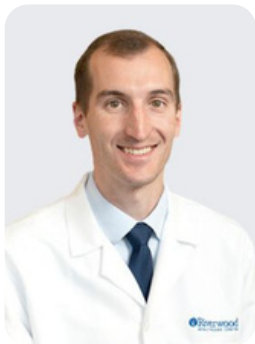
Specialty: Family Medicine with Obstetrics

Medical Education: University of Minnesota Medical School, Minneapolis, MN

Residency: University of Minnesota Family Medicine, St. Cloud Hospital, St. Cloud, MN

Medical Interests: I offer the full spectrum of family medicine, including obstetric care through birth & delivery and healthcare for all ages from newborns to the elderly.

Personal approach to medical care: I believe that each patient is unique and requires individual attention, coaching, and guidance to achieve a positive childbirth experience.



Chris Hughes, MD

Sees patients at our Aitkin and McGregor clinics

Specialty: Family Medicine with Obstetrics

Medical Education: University of Minnesota Medical School, Duluth, MN

Residency: Duluth Family Medicine Residency Program

Medical Interests: I offer the full spectrum of family medicine, including obstetric care through birth & delivery and care for all ages from infants and children to adults through senior years.

Personal approach to medical care: My focus for obstetrical care is having a healthy mom and healthy baby. It is a special journey to be a part of and so rewarding to offer this service to expecting families.



Don Hughes, MD

Sees patients at our Aitkin and Garrison clinics

Specialty: Family Medicine with Obstetrics

Medical Education: University of Iowa College of Medicine, Iowa City, IA

Residency: University of Iowa Hospitals and Clinics, Iowa City, IA

Medical Interests: I offer the full spectrum of family medicine, including obstetric care through birth & delivery and pediatric care for babies and children.

Personal approach to medical care: It is an honor and privilege to be with my patients every step of the way through the obstetric process, from finding out you are expecting to the delivery and care of your child, potentially for years to come after the delivery.



Alisha Lindberg, MD

Sees patients at our Aitkin clinic

Specialty: Obstetrics & Gynecology, Surgeon

Medical Education: University of Minnesota Medical School, Minneapolis, MN

Residency: University of Minnesota Family Medicine, St. Cloud Hospital, St. Cloud, MN

Medical Interests: I offer the full spectrum of family medicine, including obstetric care through birth & delivery and healthcare for all ages from newborns to the elderly.

Personal approach to medical care: I believe that each patient is unique and requires individual attention, coaching, and guidance to achieve a positive childbirth experience.



Jennifer Tessmer-Tuck, MD

Sees patients at our Aitkin clinic

Specialty: Obstetrics & Gynecology, Surgeon

Medical Education: University of Minnesota Medical School, Minneapolis, MN

Residency: Oregon Health and Sciences University, Portland, OR

Medical Interests: I provide a full range of OBGYN care, including high risk prenatal care; labor, delivery and postpartum care; contraception and permanent sterilization.

Personal approach to medical care: My job is to help you understand the risks and benefits of any decision and support you in making the decision that is right for you.



Megan Workman, CNM

Sees patients at our Aitkin clinic

Specialty: Obstetrics & Women's Health, Nurse Midwife

Medical Education: University of Minnesota, Nurse Midwifery and Doctor of Nursing.

Medical Interests: I see patients from menstruation through the post-menopausal years. I offer primary care, annual exams, gynecologic, family planning, birth control, preconception counseling, prenatal care, labor and delivery, postpartum care, and breastfeeding assistance.

Personal approach to medical care: Pregnancy, labor and delivery is a very personal time in a woman's life. My goal is to provide the safest, most up-to-date care that is in line with a woman's desires for her pregnancy and birth.

Prenatal Care Only



Tim Arnold, MD

Sees patients at our McGregor clinic

Specialty: Family Medicine with Obstetrics

Medical Education: University of Minnesota Medical School, Duluth & Minneapolis, MN

Residency: Duluth Family Medicine Clinic, Duluth, MN

Medical Interests: I offer the full spectrum of family medicine, including obstetric care through the first two trimesters of pregnancy, and pediatric care for babies and children.

Personal approach to medical care: I believe every patient has her own unique needs, interests, and life story, and it's important for me to honor this and provide care that supports each patient individually.



Aaron Jordan, MD

Sees patients at our McGregor clinic

Specialty: Family Medicine with Obstetrics

Medical Education: University of Minnesota Medical School, Duluth MN

Residency: Duluth Family Medicine Clinic, Duluth, MN

Medical Interests: I offer the full spectrum of family medicine, including prenatal care through the first two trimesters of pregnancy, pediatric care for babies and children, adult medicine, and minor procedures/injections.

Personal approach to medical care: Caring for expecting mothers and their families through such a unique and important part of life is one of the most rewarding aspects of what we do.