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**KAREN ZAVALA-ABREGO, NURSE PRACTITIONER SPECIALIZING IN
WOMEN’S HEALTH, JOINS NORTHEAST GEORGIA PHYSICIANS GROUP OB/GYN**

GAINESVILLE, Ga. — For Karen Zavala-Abrego, joining Northeast Georgia Physicians Group (NGPG) OB/GYN in Gainesville is a heartfelt homecoming. Born at Northeast Georgia Medical Center and raised in Gainesville, Karen now returns as a double board-certified Certified Nurse-Midwife and Women’s Health Nurse Practitioner.

“The opportunity to serve the very community that raised me is a dream come true,” Karen shared. “It truly is a full-circle moment to support women and families right where my own journey began.”

Karen’s passion for women’s health was ignited at just nine years old, when she witnessed the births of her nieces and nephews. Watching her sister receive empowering, respectful care sparked a lifelong calling.

“From that moment, I knew I wanted to help women navigate one of the most challenging yet beautiful moments of their lives – giving birth,” she said.

Karen earned her nursing degree from the University of North Georgia and completed her nurse-midwifery and women’s health nurse practitioner degree at Georgetown University in Washington, D.C. Fluent in English and Spanish — and currently learning French — Karen is deeply committed to providing culturally competent care.

“Growing up in a bilingual household, I understood early on the challenges some patients experience when there is a language barrier,” she said. “Everyone deserves to feel safe, comfortable and truly heard.”

Karen offers care across the full spectrum of women’s health, including prenatal and postpartum care, contraception counseling, menstrual and hormonal health management, adolescent gynecology and sexual health education. Her approach is rooted in education, respect and empowerment.

Outside of work, Karen enjoys spending time with her mother and eight nieces and nephews, staying active in her church, weightlifting and making annual visits to El Salvador to reconnect with her heritage.

To schedule an appointment with Karen Zavala-Abrego, CNM, WHNP, visit ngpg.org/zavala-abrego or call NGPG OB/GYN in Gainesville at 770-219-9300.

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ABOUT NORTHEAST GEORGIA PHYSICIANS GROUP

Northeast Georgia Physicians Group (NGPG) brings together over 700 talented physicians, physician assistants, nurse practitioners, midwives and other clinical staff at more than 50 locations across North Georgia. As the state’s sixth-largest physician group, we always have a practice nearby to offer you expert care in more than 40 specialties. See the full list of specialties and locations – and meet our providers – at ngpg.org.

NGPG is affiliated with Northeast Georgia Health System (NGHS), a non-profit which serves more than 1 million people in 19 counties across the region. As part of NGHS, patients of NGPG have a direct connection to Northeast Georgia Medical Center’s five hospitals in Gainesville, Braselton, Winder, Dahlonega and Demorest. Learn more at nghs.com.