

“You need to practice what you preach.”

Doctor **Kashif Memon** says he encourages all of his patients to develop an exercise routine. “So, that’s why I try to stay fit. I use an exercise bike indoors and when I’m outside I’m exercising and enjoying nature. So I do both kinds of biking.”

Dr. Memon is a fan of biking in Utah and Vernal. “I did my residency training at the University of Utah and LDS Hospital. So I really like Utah and, on top of that I like small towns... so I think Vernal was just a good match for me.”

He has developed some very strong supporters in the four years he’s been treating patients in Vernal. “I think every physician should listen to their patient. I mean, in today’s world physicians are so busy diagnosing illnesses and writing prescriptions... I still think we need to take the time to listen. We need to show compassion.”

As far as his feelings about the hospital, Dr. Memon is passionate about that too...“I love the work environment. I love the people I work with. And, the hospital is growing, as it needs to, with the community.”

And with that growth comes a new name. We’re now
Ashley *Regional* Medical Center.



Ashley Regional
M E D I C A L C E N T E R

151 West 200 North • Vernal, Utah 84078 • (435) 789-3342