

MEET YOUR WELLNESS CENTER PHYSICIANS!



Sergei Popov, DO - Himes Wellness Center

Dr. Popov has worked as a Family Practice Physician in a variety of healthcare settings. Originally from St. Petersburg, Russia, Dr. Popov went back through physician training in 1994 at the New York College of Osteopathic Medicine, graduating in the top 10 percent of his class. He subsequently completed his internship, family practice residency and was an attending physician at St. John's Episcopal Hospital in New York. Once in Florida, he worked for the Department of Defense at the U.S. Naval Hospital in Pensacola and also practiced at Eglin Air Force Base in Fort Walton Beach. Dr. Popov joined CareATC in 2011.



Keith Goldstein, MD - Himes Wellness Center

Dr. Goldstein received his Doctor of Medicine and Surgery at Ross University in New York and is residency trained in both General Surgery and Family Practice. He has his Masters degree in Public Health and is a board certified Diplomate of the American Board of Preventive Medicine. Dr. Goldstein has worked in Emergency Medicine and served as the Occupational Medicine Program Director for the Civilian Nuclear Navy as well as a Disability Independent Medical Examiner before joining the CareATC team in 2013 as both a Worker's Comp and Acute Care Physician.



Maria Claudia Escobar, FNP, MPH - Himes Wellness Center

Maria Claudia received her Master of Science in Nursing at Pace University, her Master of Public Health from Columbia University and is a Board Certified Family Nurse Practitioner. She is fluent in three languages. She has worked as a nurse practitioner serving low income and immigrant communities in New York City and Washington, DC, has done international development work in Africa, including the Peace Corps, and done medical volunteering internationally. Maria Claudia enjoys coaching her patients to live a healthier, vibrant life. Maria Claudia joined the CareATC team in 2016.



Tasmia Ahmed, MD - Brandon Wellness Center

Dr. Ahmed received her Doctor of Medicine at the University of South Florida College of Medicine. She completed her residency at Florida Hospital in Orlando, FL, earning board certification and specializing in Family Medicine. In addition to working in primary care in Florida and Toronto, Canada, Dr. Ahmed has also provided medical care in urgent care centers, through locums care, and Medicare assessments and physicals. Dr. Ahmed enjoys Family Medicine as it provides the opportunity to educate patients on health and wellness. She applies the concept of whole-person-care in her practice, and is eager to help her patients optimize their well-being. Dr. Ahmed joined the CareATC team in 2015 as a fill-in provider and became a permanent physician in 2016.



Cary Pilet, MSN, ARNP-BC - Brandon Wellness Center

Cary received her B.S. in Nursing at Capital University, her M.S. in Nursing at Florida State University and is also a Board Certified Family Nurse Practitioner. Cary served as a Lieutenant Colonel and Chief Nurse in the U.S. Air Force retiring in 2015 and has also served as Deputy Chief, Family Nurse Practitioner with the United States Special Operations Command. She is currently pursuing her Doctoral in Nursing Practice (DNP) at Florida State University. Cary joined the CareATC team in 2011.



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