

[Home](#) [Services](#) [Conditions](#) [Our Staff](#) [Online Resources](#) [Patient Information](#) [FAQ](#) [Contact Us](#)

Our APRN's

Ann Chalifour, A.P.R.N.

Ann received her Bachelor of Science in Nursing in 1981 at the University of New Hampshire. In 1997 she received her Master's Degree and Nurse Practitioner education at Boston College in Chestnut Hill, Mass. She is certified as a women's health nurse practitioner and is a member of the NH Nurse Practitioners Association. Ann enjoys providing health care to women throughout the lifespan. She holds a special interest in adolescent to peri-menopausal care. She especially enjoys health education and promotion.



Tracey J. Gahara, R.N.C., L.C., R.N.

Tracey received her Associate Degree in Nursing at the New Hampshire Technical School in Manchester, New Hampshire in 1993. She is a registered nurse certified in Women's Ambulatory health with a specialty in obstetrics and gynecology. She has additional training with urodynamics and biofeedback for stress urinary incontinence. Tracey is also a certified lactation consultant with an interest in prenatal counseling.

Angela Diorio, R.N.C., M.S.N., A.P.R.N.

Angie received her RN Diploma in 1977 at Whidden Memorial Hospital, Everett, Mass. In 1994 she obtained her Bachelor of Science in Nursing at the University of New Hampshire. She received her Master of Science in Nursing and Nurse Practitioner education at the Massachusetts General Hospital Institute of Health Professions in 1996. She is certified as an Adult Primary Care and Women's Health Care Nurse Practitioner and a member of the New Hampshire Nurse Practitioner Association and The Association of Women's Health, Obstetric and Neonatal Nurses. Angie has a special interest in adolescents, obstetrics, PMS, menopausal issues with a major focus on women's health prevention and education.



Alison Palmer, A.P.R.N.



Alison Palmer, APRN has worked much of her career in high risk obstetric settings, and has her certification as a women's health nurse practitioner. She received her undergraduate and graduate nursing degrees from Boston College. As the perinatal mental health nurse coordinator at Elliot Hospital she established and operates the organization's Postpartum Emotional Support Program and Perinatal Mood Disorder Taskforce. As a member of AWHONN and the NH State Coordinator for Postpartum Support International, Alison's clinical focus is to improve awareness of perinatal mental health initiatives and relative evidenced-based practice among nurses, obstetric, and pediatric health providers in the community. She has been funded by grants awarded from the Endowment for Health to develop and implement a standard of care for perinatal mood disorders within the Elliot Health System. Her clinical subspecialty skills in reproductive mental health complement her comprehensive approach to caring for women in general health promotion, gynecological disorders, pregnancy, postpartum, infertility, perinatal loss, and the transition to menopause.

Rachel Allen MSN, WHNP

Rachel received her Bachelor of Arts in Biology, summa cum laude, at Skidmore College in 2012. She then attended Columbia University School of Nursing, earning a Bachelor of Science in Nursing in 2013 and Master of Science in Nursing in 2014. She enjoys caring for women at all stages of life with a major focus on patient education and empowerment. She has special interests in pregnancy and postpartum care, family planning, and youth services. She is board certified as a Women's Health Nurse Practitioner, a member of the National Abortion Federation and a proud member of the Sigma Theta Tau honor society of nursing. Outside of work, Rachel enjoys hiking, vegetable gardening, and being with her family and friends.

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