

425



the

DEFEST

2016



Make fresh,
delicious
smoothies

Trendsetters
show off their
spring style



Dr. Elizabeth Finnessy with her daughter Ella

**BEST DOCTOR
+ BEST
CHIROPRACTOR**
**Dr. Adam
Tetuan**

Back issues can be a real pain and can seriously interfere with your quality of life. Dr. Adam Tetuan has your back when you need a chiropractor. He's experienced in everything from athletic injuries to everyday issues. He uses innovative techniques to get you up and feeling better in no time. *Bellevue*

BEST DENTIST
**Dr. Elizabeth
Finnessy**

When 425 readers want their teeth cleaned with gentle care or want a smile makeover, they book an appointment with Dr. Elizabeth "Libbi" Finnessy at Bellevue Dental Health. Finnessy and her staff utilize the latest dental technology, and their office is inviting and warm like they are. *Bellevue*

BEST NATUROPATH

**Dr. Lorina
Shinsato**

Dr. Lorina Shinsato of Primavita Family Medicine in Bellevue is a naturopathic doctor and acupuncturist. She helps her patients heal their own bodies by helping them change their lifestyles, and recommending supplements that can help them achieve their goals. *Bellevue*



working to improve — usually scoring above state and national averages for patient satisfaction. Medical services offered include everything from cancer care to inpatient and outpatient services. In addition to the main campus, there are several Overlake Medical Clinics.

BEST GYM

Bellevue Club

Bellevue Club has 200,000 square feet of athletic facilities, four fully equipped studios, the latest cardio and strength training equipment, iPod docking stations and heart monitors, personal television viewing stations on cardio equipment and, of course, plenty of complimentary towels. In addition, the club recently opened its new conditioning studio with a brand-new TRX

BEST HOSPITAL

**Overlake
Medical Center**

425 readers say Overlake Medical Center is No. 1 on the Eastside. Several national quality, safety, and excellence awards indicate excellence of care. The staff constantly asks patients to rate their experiences, and is always



Bellevue Club

CLOCKWISE FROM LEFT: RACHEL COWARD; JIM HADLEY; COURTESY BELLEVUE CLUB