

Introducing Maitri at NMC

A strong partnership bringing women more support, more options, and trusted care close to home.

Maitri providers work together to support women's health at every stage of life. If you're pregnant, your care is shared across this team so you have the chance to meet the providers who may be with you at delivery.

THESE MAITRI PROVIDERS WILL BE PROVIDING OB/GYN CARE AT NMC:



Amy Thibault MD, FACOG | PARTNER

With more than 20 years at Maitri, Amy Thibault, MD, is a board-certified OB/GYN dedicated to caring for women through every stage of life. She is especially interested in obstetric ultrasound, menopause care, and comprehensive reproductive health, and is known for her warmth, compassion, and sense of humor.



Jennie Lowell MD, FACOG | PARTNER

Jennie is dedicated to helping women feel heard, informed, and supported through every stage of life. She has a special interest in caring for patients with pelvic pain, endometriosis, postmenopausal bleeding, and perimenopausal symptoms, and enjoys working with patients to understand their options and make confident decisions about their care.



Katie Areson MD, MPH, FACOG, NAMS | PARTNER

Katherine Areson, MD, is a board-certified OB/GYN dedicated to helping women feel heard, supported, and confident in their care. She provides comprehensive care through all stages of life, with special interests in pelvic pain, endometriosis, infertility, abnormal bleeding, and perimenopausal symptoms.

To schedule an appointment with a Maitri provider at NMC, call 802-524-2229.

Visit northwestern.org or contact 802-524-2229 to learn about all of our women's health services.

133 Fairfield Street, St. Albans, VT 05478





Kristen Werner CNM, MSN | PARTNER

Kristen is a Vermont-born nurse-midwife and 6th generation Vermonter who has been caring for Maitri patients since 2003. She provides compassionate, individualized care through pregnancy, birth, and all stages of women's health. Her clinical interests include pregnancy care, birth choices, breastfeeding support, contraception, and preventive gynecologic care.



Lindsay P Smith MD, FACOG | PARTNER

Lindsay Smith, MD, is a board-certified OB/GYN committed to providing compassionate, patient-centered care from adolescence through menopause. She supports women and their families through both joyful and challenging moments, with a focus on clear communication and individualized care. Her clinical work includes general obstetrics and gynecology, as well as hysteroscopic and laparoscopic surgery, including hysterectomies.



Julie Wade MD, FACOG

Julie is a board-certified OB/GYN who has been part of the Maitri team since 2008. She provides compassionate, individualized care for patients of all ages, with special interests in hormone replacement therapy, adolescent health, and diabetes in pregnancy. She is dedicated to supporting patients through every stage of life with thoughtful, ongoing care.



Sarah Peters MD

Sarah Peters, MD, is a board-certified OB/GYN joining Maitri in 2025. She provides compassionate, collaborative care focused on shared decision-making and supporting patients through every stage of reproductive health. Her practice includes obstetrics, family planning, fertility care, contraception, gynecologic ultrasound, and surgical management of conditions such as abnormal bleeding, pelvic pain, endometriosis, fibroids, and hereditary cancer risk.

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