



# Jasmeet Sekhon, MD

## LANGUAGES SPOKEN

English  
Hindi  
Punjabi

## SPECIALTIES

Primary Care

## EDUCATION

American University of Antigua  
University of Arizona  
University of Fraser Valley

## MY CENTER

### Mechanicsville

3806 Mechanicsville Turnpike,  
Richmond, VA, 23223

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### About Jasmeet Sekhon, MD

After watching her grandmother suffer from a stroke, Dr. Jasmeet Sekhon became determined to “learn more about the human body and how to keep it healthy.” She is a believer in preventative care and always takes the time to listen to patients. “I build a good relationship with my patients where I get to know them and what is important to them,” she explains. One of her favorite parts of her profession is making positive changes in people’s lives. “Not only do I try to improve their health but also their well-being,” she says.

Dr. Sekhon has lived in several countries and says that learning about different cultures has helped her better connect with patients. In her free time, she enjoys cooking and traveling with her husband.