FOUR PEAKS MEDICAL CENTER FAMILY MEDICINE RESIDENCY FACULTY
2026



Denise Sackett, DO
Program Director

Dr. Denise Sackett is an osteopathic family physician and medical educator with nearly two decades of experience spanning clinical practice, academic leadership, and Resident teaching. As Program Director for the HonorHealth Four Peaks Family Medicine Residency, she is passionate about shaping the next generation of physicians through a curriculum that emphasizes empathy and evidence-based medicine.

Before transitioning fully into academic medicine, Dr. Sackett owned and operated a family medicine practice for 16 years—an experience that grounded my leadership in the realities of patient care, teamwork, and practice management. That foundation informs her work today, helping Residents connect knowledge to authentic, compassionate practice.

Dr. Sackett has received honors such as Educator of the Year, the Gold Humanism Faculty Award, and the Outstanding Mentor Award, which reflect her deep commitment to high-quality, humanistic medical education. She is engaged in the broader medical community through service on the AOMA Board of Trustees and multiple professional committees, striving to advance excellence, integrity, and innovation in medicine.

In her free time, she enjoys swimming & hiking and spending time with family and friends.

FAMILY MEDICINE RESIDENCY FACULTY (CONT.)

2026



Dana Farris, MD
Associate Program Director – Continuity Clinic

Dr. Farris practiced full spectrum family medicine in a small agricultural community in Nebraska for 35 years before coming to Arizona. This included obstetrics, emergency medicine, nursing home, inpatient, and outpatient care. He has been ABFM board certified in family medicine continuously for the last 40 years.

Dr. Farris' special interests include dermatology and geriatric medicine and he is passionate about preventative care.

He has been the Associate Program Director for clinical medicine at the Mountain Vista (now Four Peaks Medical Center) Family Medicine residency program for nearly 6 years. Dr. Farris is very proud of the specialty of family medicine and tries to instill a love of medicine, the importance of strong, doctor- patient relationships and charges his residents to "Make the World a Better Place" every day.

Dr. Farris most enjoys spending time with his wife and family as well as anything outdoors.

FAMILY MEDICINE RESIDENCY FACULTY (CONT.)

2026



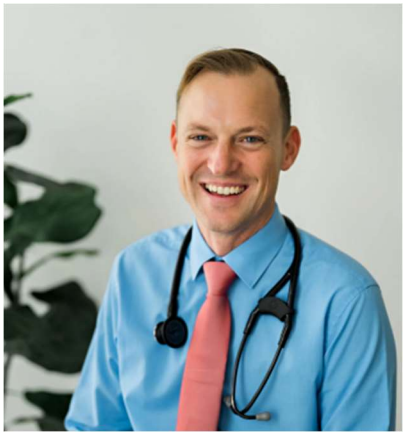
Brooke Popelas, DO
Core Faculty

Dr. Brooke Popelas is a board-certified Family Medicine physician and a proud graduate of the Four Peaks Family Medicine Residency Program. She earned her medical degree from the Arizona College of Osteopathic Medicine and is excited to return to Four Peaks Medical Center in Mesa, this time as a member of the Core Faculty.

Dr. Popelas enjoys the variety and continuity of outpatient family medicine and caring for patients through different stages of life. Her clinical interests include office-based procedures, obesity medicine, and diabetes management. She particularly enjoys working with patients to create realistic, individualized plans that help them achieve meaningful improvements in their health.

Having completed her own residency training at Four Peaks, Dr. Popelas is excited to give back to the program that helped shape her as a physician. She looks forward to teaching and mentoring residents as they build confidence in clinical decision-making, procedural skills, and navigating the day-to-day challenges of outpatient medicine.

Outside of medicine, Dr. Popelas enjoys traveling, quilting and embroidery, and spending time with her family.



Matthew Powell, MD
Core Faculty

Dr. Powell is board certified in Family Medicine and Obesity Medicine. He graduated with Honors in Health Sciences from Linfield College and earned his medical degree from La Universidad Autónoma de Guadalajara. He completed his Family Medicine residency training at HonorHealth Osborn in Scottsdale, Arizona.

Following residency, Dr. Powell developed a broad clinical practice encompassing primary care, urgent care, and hospital medicine. He currently owns and operates a private primary care practice in the East Valley and continues to practice both outpatient and inpatient medicine. He is fluent in Spanish and enjoys caring for patients from a wide range of backgrounds.

Dr. Powell first joined the Mountain Vista Family Medicine Residency Program, now Four Peaks Medical Center Family Medicine Residency, in 2019 as Associate Program Director. He served in that role through 2023, participating in resident education and the clinical training of family medicine physicians. In 2026, he returned to the program as faculty with a primary focus on inpatient medicine and resident precepting.

His professional interests include obesity medicine and weight management, diabetes and metabolic health, sports medicine, and preventive care. He particularly enjoys teaching residents how to approach complex medical problems while maintaining the broad, patient-centered perspective that is central to family medicine.

Outside of medicine, Dr. Powell enjoys spending time with his wife and three children. As a family, they enjoy snowboarding, swimming, camping, and spending time outdoors. He also enjoys running and playing music.

PROGRAM COORDINATOR
2026



Megan Thorstenson
Family Medicine Program Coordinator

Megan Thorstenson is our dedicated full-time Program Coordinator for the Family Residency Program. Megan earned her Bachelor's Degree in Business Administration, with an emphasis in Experience Design & Management and Non-Profit Administration & Management, from the Marriott School of Business at Brigham Young University. She has previously worked in various Project Management positions, including secondary education and large-scale events, as well as in multiple clinical settings of medicine.

As a Family Medicine Program Coordinator, Megan utilizes her strengths to support our residents and faculty. She makes use of her experience in logistics, employee training, and administration by overseeing the recruitment and onboarding of new residents, managing the oversight of accreditation within the program, as well as coordinating the numerous schedules and clerical tasks within the residency program. Her commitment to ensuring the residents get the training they need, as well as consistently seeking opportunities to improve the program's support, has been greatly beneficial.

In her spare time, you can find Megan spending quality time with loved ones, serving the community, and being greatly involved in her church.