Women’s Health: Learn to Live through Mid-life with Vitality

Shared Medical Group Visit Appointments
Every other Thursday;
October 18, November 1, 15, & 29 and December 13, 2018
10 am – 12 pm

Many women often dread the transition of peri-menopause and menopause and find many of the physical and psychological changes confusing and sometimes even uncomfortable.

If this describes you, please join us and be part of these shared medical appointments. Women will gather together to discuss and share thoughts and experiences on special time of your life.

The five group visits will cover these issues: Body changes, sexuality, common symptoms of menopause, menopause treatments, sustain relationships, role changes, and how a healthy lifestyle of nutrition, movement, and restorative practices will help you persevere.

Interested? Make an appointment, if you

✓ are a registered patient with Hennepin Healthcare
  (You may call to register too.)

✓ are interested in holistic, integrative and functional health and wellbeing

✓ intend to attend all sessions and willing to provide feedback.

Group visit appointments will typically be covered by Medicare, Medical Assistance, Hennepin Health/Health care and some private Insurance plans. Co-pays and deductibles may apply. Co-pays are usually the same as a one-on-one medical appointment, please check with your insurer.

For more information contact: Cass McLaughlin at 612-873-8048.

Provider and Facilitator: Jane R. Sassenfeld, is a certified Woman’s Health Nurse Practitioner and loves empowering woman with their health goals.