Continuing with Restoring Health
Drop-In Group Visit Video Appointments Online through MyChart via Zoom, for 2021

Integrative Therapies, Modalities and Healing Practices
for Health & Wellbeing

Learn about a variety of integrative therapies modalities and healing practices. Explore how practices relate to your health needs and concerns with mindfulness. In these group visits, gain a sense of community support and have fun learning additional self-care skills to meet your own aspirations for health and wellbeing.

These appointments are held monthly on the 1st Monday, unless listed differently below.

**Time:** Evenings, 5:45 – 7:45 pm

**Dates and Topics:**
- **February 1** ~ Well Rooted Cultural Healing Traditions ~ Selma Sroka, MD
- **March 1** ~ Simplified EFT Tapping (SEFT) - Valerie Lis, MA
- **April 12 ~ (2nd Monday)** Natural Mental Health – Henry Emmons, MD
- **May 3** ~ Energy Medicine ~ Pat Palmer
- **June 7** ~ Health, Gender and Identity – Forrest Mainville, MSW
- **July 12 ~ (2nd Monday)** Acupressure, Acupressure Points ~ TBD
- **August 2** ~ Nature-Based Therapeutics – Jean Larson, PhD, HTR, CRT
- **September 13 ~ (2nd Monday)** Aromatherapy Perspectives ~ Linda Halcon, RN, Ph.D
- **October 4 ~ TBD**
- **November 1 ~ TBD**
- **December 6 ~ TBD**

Check for topic updates at: [www.hennepinhealthcare.org/groupvisits](http://www.hennepinhealthcare.org/groupvisits).

These shared medical group visits will typically be covered by Medicaid/Medicare, medical assistance plans, HCMC/Hennepin County and some private employee insurance plans, just like a "one-on-one" doctor’s visit. Co-pays and deductibles apply.

**Questions?**
Or to schedule, call Cass McLaughlin at 612-873-8048

**Kara Parker, MD** is a doctor and teacher at Whittier Clinic who is trained in Lifestyle and Functional Medicine. She has a passion to gather patients together to discover and share ways to thrive.