Lifestyle-Based Group Medical E-Video Visits via Zoom Spring, 2021

Integrative Health Group Visits at Hennepin Healthcare’ are a fulfilling way to approach your care with a focus on health and well-being from a holistic, integrative, functional medicine perspective. Sharing these appointments among a community of people can result in more confidence, provide more time for questions and dialogue, build upon self-care and learn new mind-body skills, mindfulness practices and extend the care received in a “one-on-one” patient-provider visit.

The integrative providers at Hennepin Healthcare offer several Group Medical Visit series on topics where you can participate in a new way of taking charge of your health and well-being.

**Healthy Living during COVID | Kara Parker, MD**
Support for desired lifestyle changes to function at your best during this time of social distancing.
Six-weekly, Wednesday morning appointment series from 10 am – 12 pm, begins March 17.

**Mind-Body Skills for Health and Wellbeing | Sue Haddow, MD**
An evidence-based Mind-Body Medicine series to develop connection, skills and practices.
Six-weekly, Tuesday afternoon appointment series from 1:15 – 3:15 pm, starts March 23.

**Growing Resilience in Chronic Pain | Kate Shafto, MD**
Offered through the Interventional Pain Clinic;
Various topics that impact pain, and guest providers sharing tools and skills for pain management.
Eight-weekly Wednesday afternoon appointment series from 2:30 – 4:30 pm, begins March 31.

**Women’s Health Mid-Life Changes | Jane Sassenfeld, NP**
Explore how you can support mid-life (pre-and post-menopause) leading to long-term vitality.
Five-Weekly, Tuesday morning appointment series from 10:00 am – 12:00 pm starting April 6.

**Weight Management and Health Essentials | Iesha Galloway-Gilliam, MD**
Learn the basics for healthy weight management and be supported to move forward with your goals.
Four-Weekly, Friday afternoon appointment series from 1:00 – 3:00 pm starts April 16.

**Coming – Life Beyond Cancer | Stefanie Stevenson, MD**
Eight-Weekly, Thursdays to be determined starting in the spring, June, 2021

**Continuing with Restoring Health Monthly Drop-In | Kara Parker, MD**
Explore various holistic evidence-based integrative modalities, topics and perspectives.
Once a month, 1st Monday evening (2nd Monday Apr, Jul, Sep) drop-in appointments from 5:45 – 7:45 pm.,

Offered again in the fall, 2021
Blood Sugar Balance: Living With and Preventing Diabetes & Heart Disease | Stefanie Stevenson, MD.
Tame Your Pain Beyond Medication | Sue Haddow, MD.
Rest and Renewal Lifestyle| Kara Parker MD, MD.

Visit [https://www.hennepinhealthcare.org/group-visits-at-whittier-clinic/](https://www.hennepinhealthcare.org/group-visits-at-whittier-clinic/) for more details on group visit logistics and insurance coverage information.

Questions, or to schedule call 612-873-8048