Mind –Body Skills Group
March 23 – June 8, 2021

In these Mind-Body Skills Lifestyle-Based Group Medical Visits learn scientifically based mind-body practices in a group visit approach to medical care appointments. Participants will experience these effective tools for self-care, stress management, and how they can mitigate chronic health symptoms. Each week, group members will engage in a Mind-Body technique that can be immediately integrated into daily life.

Practices include: Meditation, Guided Imagery, Biofeedback, Autogenic Training, Breathing & Movement, Healthy Mindful Eating, Self-Expression Drawing/Writing, and heart practices of Loving Kindness, Compassion and Forgiveness practices, etc.

WHAT: A 12-week Mind-Body Skills developed by the Center for Mind-Body Medicine
WHEN: March 23 – June 8, 2021 on Tuesday afternoons from 1:15 – 3:15
WHERE: Online secure video Zoom platform through MyChart.

Benefits may:
- Reduce Stress and Build Resilience
- Increase self-awareness
- Enhance attention and productivity
- Stimulate creativity
- Promote health and healing
- Maintain a sense of well-being
- Promote over-all functioning and coping strategies

Questions? Call 612-873-8048 and/or to be scheduled.

Group size is limited; and schedule just like your one-on-one appointments with your provider.

Group visit appointments will typically be covered by Medicaid/Medicare, Medical Assistance, Hennepin Health/Hennepin County Healthcare, and by some private insurance plans. Check with your insurer; co-pays and deductibles may apply.

Sue Haddow, MD is an integrative and functional medicine family physician at Whittier Clinic. She has a passion for sharing skills and resources such as those learned from the Center for Mind-Body Medicine that people can use to achieve their health goals.

Cass McLaughlin is a qualified MBSR teacher, and trained in Advanced Mind-Body Skills through The Center for Mind-Body Medicine. Cass also teaches MBSR at Hennepin healthcare and coordinates Lifestyle-Based Group Visits.