Staying Healthy During COVID

PANDEMIC STRESS IS REAL!

Feeling the burden of isolated less healthy in these pandemic times?

Wednesday Mornings Video Group Video Visit via Zoom
March 17 – May 12, 2021

Join us in a supportive community to get your health back on track. Participation in this group is appropriate for anyone wanting to benefit their health with integrative and functional medicine practices. We will meet safely online, explore and support our health concerns and actively send positive intention to one another for the wellbeing of all.

Dates: March 17, 24, 31, (skip April 7) April 14, 21, 28, May 5, 12, 2021

Time: Wednesday Mornings, 10:00 am – 12:00 pm

Location: My Chart Video Group Visits via Zoom

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 for a “one-on-one” doctor’s visit. Co-pays and deductibles may apply.

Questions and for scheduling 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.