Weight Management and Health Essentials

A Four-Week Group Medical Visit Series
with Iesha Galloway-Gilliam, MD

This program is designed to give participants the most up to date information on “Weight Management and Health Essentials.” At each visit we will do some focused teaching, mind-body practices, share evidence-based research and experience, healthy snack ideas and lessons learned. Set and review individual intentions/goals.

Friday Afternoons, 1:00 pm – 3:00 pm
April 16, 23, 20 and May 7, 2021

Weight Management and Health Essentials Includes:

1) What is Weight and Why Do We Care?
2) Weight Regulation – It’s Complicated
3) Nutrition Basics
4) Living my Best Life: Exercise, Sleep, and Stress Management

Questions? Or to Register:
Call Maury Bradley at 612-873-8703

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.

Co-pays are usually the same as a “one-on-one” medical appointment.

Check in early at the appointment desk.
Comprehensive Weight Management Center
Room P5.522 – located on the 5th floor of the Purple Building

“I recognize that the patient-doctor relationship is a partnership; I am committed to patient centered care as a fundamental principle that is essential in empowering patients to improve and maintain their health while recognizing and incorporating the immense value that each individual brings to their own care.” Dr. Galloway – Gilliam