Growing Resilience with Chronic Pain
Group Visits

with Kate Shafto, MD

A VIRTUAL 8-week series of group medical appointments to learn integrative health, self-care skills and tools to improve your resilience and chronic pain management. Feel less isolated and more supported as you connect with others. Join us where support leads to action as you explore new ways to find comfort and work with chronic pain.

Starting Wednesday afternoons for 8 weeks, March 31 – May 19
2:30 – 4:30 pm via Zoom/MyChart

Week 1: Why pain becomes chronic
Week 2: Food, nutrition and pain
Week 3: Stress and pain; practice resilience through mindfulness to ease pain and suffering
Week 4: Acupuncture perspectives on pain with Jess Siers, LAc
Week 5: Movement and rest with Cat Justice, PT
Week 6: How posture and environment affect pain with Dr. Ghazala Uzman
Week 7: Sleep & mood’s impact on pain
Week 8: Putting it all together and moving forward

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

Summer session June 2 – July 21 TBD if in-person or virtual

"KATE SHAFTO, MD is deeply committed to each patient’s story and exploring their unique healing journey. She believes in empowering patients to take greater control of their health and healing through evidence-based interventions in various domains of a person’s lifestyle. Kate’s approach to patient care involves listening to your story."