

Is persistent pain interfering with your enjoyment of life?

Now there is MORE available:
Mindfulness – Oriented Recovery Enhancement
March 22 – May 10, 2022

Mindfulness – Oriented Recovery Enhancement (MORE) is a group medical visit series with 8 –12 participants, led by integrative primary care providers on 8 weekly, 2 hour appointments.

Participants learn skills to manage and/or experience less pain, reduce negative thinking, and improve a sense of pleasure and meaning in life. This program has been scientifically proven in multiple studies to benefit participant's health and wellbeing through formal and informal mindfulness, didactic inquiry through group processes, experiential exercises and at-home practices.

And there is MORE ... this program has been repeatedly demonstrated to improve symptoms, reduce opioid use and misuse as participants re-discover a sense of connection with themselves, and others.

Still MORE ... these tools have proven useful to patients preparing for surgery and supports faster recovery with less pain, less medication and/or less opioids.

~ **When:** Tuesday afternoons from 1:30 – 3:30 pm.

~ **Where:** Live online via Zoom through MyChart.

Billed through most insurance plans as a primary visit.

Co-pays and deductible apply if they are required.

Questions? Or to schedule call 612-873-8048.



Sue Haddow, MD is trained in MORE. She is an integrative and functional medicine family physician at Whittier Clinic and 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 and wellbeing goals.

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



For more details on group visits, logistics and insurance coverage visit:
<https://www.hennepinhealthcare.org/group-visits>.