



Blood Sugar Balance: An Integrative Approach to Living with and Preventing Diabetes and/or Heart Disease Group Medical Visit Series June 16 – August 18, 2022

Are you diagnosed with Type II Diabetes or have been told you are at increased risk for diabetes? Do you carry diagnoses like pre-diabetes, metabolic syndrome, polycystic ovarian syndrome, high blood pressure and/or heart disease? This series is designed for you.

These weekly visits support lifestyle changes. We will cover what happens in the body to cause diabetes and heart disease, how food, movement, stress, sleep, supplements and environmental factors impact diabetes and heart disease. Come learn useful mind-body practices and the importance of social connections related to overall wellbeing.

- WHAT:** An 8-week series of Lifestyle Change Group Medical Appointments
- WHEN:** June 16, 23, 30, July (Skip July 7 & 28) 14, 21 and August 4, 11, & 18, 2022
Thursday mornings from 9:45 – 11:45 am
- WHERE:** Live online video via Zoom through MyChart
Please check in 15 minutes before start time.

Questions? Ready to schedule? Call 612-873-8048

"These shared medical visits will focus on micro-changes that lead to improved wellness."
Stefanie Stevenson



Dr. Stefanie Stevenson (MD), board certified family physician and fellowship trained in Integrative Medicine at the Arizona Center for Integrative Medicine.

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