

Staying Healthy Recovering and Regaining Health from COVID

Long-Haulers/Post-Acute Sequelae of SARS-CoV-2 Infection (PASC)

Group Medical Visit Series
September 28 – November 9, 2022

Are you struggling with lingering effects from Covid-19, such as fatigue, etc., and wants to explore regaining health with integrative and functional medicine lifestyle practices? Join us in a supportive community to get your health back on track.

WHAT: A 7-week series of Staying Healthy from Covid Group Medical Visits

WHEN: September 28, October 5, 12, 19, 26, November 2 & 9, 2022
Wednesday Mornings 10am-12pm

WHERE: Online Video via Zoom *Please check in 15 minutes before start time.*

Questions? Ready to schedule? Call 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.

***Follow-up COVID Group Medical Visit Updates and Check-in Appointments
for past or interested participants recovering from lingering COVID symptoms.
June 8, July 6, and/or August 10***

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