

Continuing Health & Wellbeing Exploring Integrative Therapies and Healing Practices including Cultural & Spiritual Care with Kara Parker, MD and guest providers

Learn about a variety of integrative therapies modalities and healing practices. Explore how practices relate to your health needs and concerns with mindfulness. In these group visits, gain a sense of community support and have fun learning additional self-care skills to meet your own aspirations for health and wellbeing.

Topics, dates and presenters subject to changes. Notifications sent out through MyChart. Appointments are held monthly on the 1st or 2nd Monday evening from 5:45 – 7:45 pm.

Dates and Topics for 2022: (Subject to changes.)

January 10 – (2nd Monday) **Explore Health and Wellbeing Goals for 2022** ~ Joe Bailey, MA

February 7 – **iRest: Welcome Ourselves Just As We Are** ~ Janice Sack-Ory, RN, MSN -IAYT)

March 7 – **QNRT, Quantum Neuro Reset Therapy** ~ Janet Anderson, MSW, LICSW

April 11 – (2nd Monday) **Interplay – Serious Play** ~ Tracey Joy Miller, facilitator

May 9 – (2nd Monday) **Benefits of Hypnosis** – Frankie Winegardner, PA

June 6 – (1st Monday) **Harnessing Healing Resonance** – Jason Aeric Huenecke

July 11 – (2nd Monday) **Energy Medicine** – TBD

August 8 – (2nd Monday) **Life Timeline – 1: Healing Through Story** – Cheryl Kartes, Artist

September 12 – (2nd Monday) **Life Timeline – 2: Healing Through Story** – Cheryl Kartes, Artist

October 10 – (2nd Monday) **Harvesting; Taking in the Good** – Rick Hanson's work – TBD

November 7 – (1st Monday) **Attitudes, Health and Wellbeing Practices** - TBD

December 5 – (1st Monday) **Indigenous Wisdom on Health and Healing** – TBD

For more information and updates go to: www.hennepinhealthcare.org/groupvisits

To schedule appointments 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.