

Lifestyle-Based Group Visits Spring, Summer, and Fall 2022

Integrative Health Group Visit appointments at Hennepin Healthcare are a fulfilling way to approach your care with a focus on health and well-being from a holistic, integrative, functional medicine perspective. Sharing these appointments among a community of people can result in more confidence, provide more time for questions and dialogue, build upon self-care and learn new mind-body skills, including mindfulness practices to enhance the care received from your “one-on-one” patient-provider visits.

The integrative providers at Hennepin Healthcare offer several series on topics where you can participate in a new way of taking charge of your health and gain support for your well-being.

Growing Resilience in Chronic Pain | Kate Shafto, MD

Various topics that impact pain, and guest providers sharing tools and skills for pain management.

Eight – weekly Thursdays from 2:00 – 4:00pm begins May 12 – June 30, **in person**.

The next series will start on July 28 through the [Interventional Pain Clinic](#).

Tame Your Pain Beyond Medication | Susan Haddow, MD

Useful information on the neuroscience of pain and the impact of stress, sleep, movement, nutrition, and connection from an integrative, functional medicine perspective and skills to manage pain

Six-weekly, Tuesdays from 1:15 – 3:15 pm, begins June 14 – July 19, **via Zoom**.

Blood Sugar Balance | Stefanie Stevenson, MD

Living With and Preventing Diabetes & Heart Disease with Integrative Medicine

Understand and manage blood sugar balance from an integrative perspective.

Eight - weekly, Thursdays from June 16 – August 18, various dates, **via Zoom**

Recovering and Regaining Health from COVID -19 | Kara Parker, MD

Support for healing from Long-Haulers/Post-Acute Sequelae of SARS-CoV-2 Infection (PASC)

Seven – weekly Wednesdays from 10:00am – 12pm begins September 28 – November 9, **via Zoom**.

Life Beyond Cancer | Stefanie Stevenson, MD

Learn integrative therapies to support your health and wellbeing where-ever you are on this journey.

Eight – weekly, Thursdays from 10am – 12pm begins September 22 – November 10, **via Zoom**.

Rest & Renewal Lifestyle | Kara Parker, MD

Approaching health and wellbeing from a functional medicine perspective.

Five – weekly Wednesdays from 10am – 12pm begins November 16 – December 14, **via Zoom**.

Continuing Health and Wellbeing Monthly Drop-In Group Visits| Kara Parker, MD

Explore various Integrative Therapies and Healing Practices with guest providers.

Monthly, 1st or 2nd Mondays from 5:45 – 7:45pm begins, **via Zoom**.

For more details on group visit content, logistics and insurance coverage visit

<https://www.hennepinhealthcare.org/group-visits> or call 612-873-8048.

Mindfulness-Based Stress Reduction (MBSR) courses available

[Click here](#), for more information and our “pay what you can” sliding fee-scale.

Email: mindfulness@hcmcd.org