



## Life Beyond Cancer Group Medical Visits

Envision life with cancer in the rearview mirror. Group medical visits are a place to experience community support. A place for fully engaging in an exploration of your health and wellbeing. This group medical visit series is for individuals who have experienced a cancer diagnosis at some time in their life.

Apply your best wisdom incorporating nutritional needs, exploring mind-body skills, incorporating safe physical movement and find shared social support in this dynamic group setting. Investigate best practices and inquire into what works best for you moving forward.

**8 Thursdays**  
**September 22 – November 10, 2022**  
**10 am – 12:00 pm, via Zoom**

*This was a really, really good series. It gave us an overall picture of the positive actions we can take, to be with, focus beyond and move ahead with life. Lela R.*

**For more information and to schedule call 612-873-8048**

: <https://www.hennepinhealthcare.org/group-visits>.



**Frankie Winegardner, PA** will join Dr. Stevenson, and both will be sharing extensive experience including best evidence based integrative therapies and healing practices.

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