

## Rest & Renewal Lifestyle Live Online Video Group Medical Visits November 16 – December 14, 2022

Interested in making lifestyle changes for improved health and wellbeing? Rest & Renewal Lifestyle Group Medical Visits are for those who want to be supported in this process. Participants will benefit from a 2-hour group setting, learning what is needed for our bodies, hearts and minds to function well and focus on moving towards greater wellness.

**What:** 5-week series Rest & Renewal Group Medical Visit

**When:** November 16 – December 14, 2022, Wednesday Mornings from 10am-12pm

**Where:** Live online video via Zoom through MyChart

<b>Rest &amp; Renewal Lifestyle 5-Weekly Wednesday Morning Appointments</b>	<b>Wednesday Mornings 10 am – 12 pm</b>
1) <b>Calming STRESS through Resilience</b>	<b>November 16</b>
2) <b>Restoring Optimal SLEEP</b>	<b>November 23</b>
3) <b>Honoring the Body with NUTRITION</b>	<b>November 30</b>
4) <b>Centering with Mindful MOVEMENT</b>	<b>December 7</b>
5) <b>CONNECTIONS with what has Heart and Meaning</b>	<b>December 14</b>

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.

For more details other group visits, logistics and insurance coverage visit <https://www.hennepinhealthcare.org/groupvisits> or call 612-873-8048