Easing Pain Holistically: Headaches
Group Medical Visits

Easing Pain Holistically: Headaches is a series of Group Medical Visits for people who experience chronic headaches and other symptoms that may come with them (fatigue, difficulty concentrating, sleep disturbance, etc.). The focus of this 8-week series will be to provide experiences, skills and tools to retrain the nervous system, reduce inflammation, and improve pain and mobility.

Each weekly visit will occur with a group of patients, a physician, and various instructors and movement-specialists. The group process alongside various practices and experiences will help patients improve wellbeing, recover a sense of control in their pain journey and connect with others experiencing chronic pain.

The visits are billed to insurance as a typical doctor’s office visit, and thus co-pays or other charges may apply.

Thanks to grant funds from the State of Minnesota, parking/transportation costs will be covered, and a few example self-care supplies will be provided.

**Location:** Redleaf Center for Family Healing
717 South 6th Street, Minneapolis, MN 55415

**Dates:** Fridays, September 9 – October 28, 2022

**Time:** 1:30 - 3:30pm

**Interested?**

Call 612-873-8048 with your name and number or email: groupvisits@hcmed.org and add "Easing Pain" in the subject line to be scheduled with a follow-up call.

*This project is made possible by funding from the State of Minnesota.*

For more details other group visits, logistics and insurance coverage visit [https://www.hennepinhealthcare.org/group-visits](https://www.hennepinhealthcare.org/group-visits) or call 612-873-8048.