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. These appointments held on the 1st Monday, unless listed differently below it will be held on the 2nd Monday of the month. (Topics, dates and presenters subject to changes and notifications sent out through MYChart).

These appointments are held monthly on the 1st or 2nd Monday evening 5:45 – 7:45 pm

Dates and Topics for 2022: (Subject to changes.)
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 for Connection ~ Tracey Joy Miller, facilitator
May 9 – (2nd Monday) Benefits of Hypnosis ~ Frankie Winegardner, PA
June 6 – (1st Monday) Harnessing Healing Resonance– Jason Aeric Heunecke,
July 11 – (2nd Monday) Canceled
August 8 – (2nd Monday) Dreams & Healing ~ Sheila Asato, MA
September 12 – (2nd Monday) Personal Energy ~ Nimi Singh, MD
November 7 – (1st Monday) TBD
December 5 – (1st Monday) 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.