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 29 – November 17, 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](https://www.hennepinhealthcare.org/group-visits)

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