Lifestyle-Based Group Visits Summer and Fall 2022

Integrative Health Group Visit appointments at Hennepin Healthcare are a fulfilling way to approach your care with a focus on health and well-being from a holistic, integrative, functional medicine perspective. Sharing these appointments among a community of people can result in more confidence, provide more time for questions and dialogue, build upon self-care and learn new mind-body skills, including mindfulness practices to enhance the care received from your “one-on-one” patient-provider visits.

The integrative providers at Hennepin Healthcare offer several series on topics where you can participate in a new way of taking charge of your health and gain support for your well-being.

**Easing Pain Holistically**
Both Easing Pain group visit series are held at the Redleaf Center for Family Healing.

**Headaches and Brain Injuries | Susan Haddow, MD**
Eight-weekly Friday's from 1:30 - 3:30 September 9 – October 28, in person.

*or*

**Muscle and Joint | Kate Shafto, MD**
Eight-weekly Thursdays from 2:00 - 4:00 pm September 22 – November 10, in person.

**Life Beyond Cancer | Stefanie Stevenson, MD**
Learn integrative therapies to support your health and wellbeing where-ever you are on this journey.
Eight – weekly, Thursdays from 10am – 12pm beings September 29 – November 17, via Zoom.

**Recovering and Regaining Health from COVID -19 | Kara Parker, MD**
Support for healing from Long-Haulers/Post-Acute Sequelae of SARS-CoV-2 Infection (PASC)
Seven – weekly Wednesdays from 10:00am – 12pm begins September 28 – November 9, via Zoom.

**Rest & Renewal Lifestyle | Kara Parker, MD**
Approaching health and wellbeing from a functional medicine perspective.
Five – weekly Wednesdays from 10am – 12pm begins November 16 – December 14, via Zoom.

**Continuing Health and Wellbeing Monthly Drop-In Group Visits | Kara Parker, MD**
Explore various Integrative Therapies and Healing Practices with guest providers.
Monthly, 1st or 2nd Mondays from 5:45 – 7:45pm, via Zoom.

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

**Mindfulness-Based Stress Reduction (MBSR) courses available, via Zoom**
Click here, for more information and our “pay what you can” sliding fee-scale.
Informational Orientations will be held September 20 and October 18 from 6:00 – 8:00 pm
MBSR program starts Tuesday’s October 25 – December 13 from 6:00 – 8:30 pm
(One hour longer for the first and the last class.)
All-Day Mindfulness Retreat will be held on Saturday, December 3.
Email: mindfulness@hcmed.org