

## A Drop-In Series to focus on Blood Sugar Balance An Integrative Approach to Living with and Preventing Diabetes and/or Heart Disease

Are you diagnosed with Type II Diabetes or have been told you are at increased risk for diabetes? Do you carry diagnoses like pre-diabetes, metabolic syndrome, polycystic ovarian syndrome, high blood pressure and/or heart disease?

These Group Medical Visits are designed to be drop-in group medical visits, offered quarterly during the year for those individuals that have experienced the above symptoms at some time in their life, past or present. These are different than the 8-week GMV series that are also offered throughout the year. With these drop-in groups you do not need to commit to a series. You may have completed the 8-week series and want to re-connect with others to stay focused and check on your health and wellbeing goals.

We will come together to share our best wisdom incorporating food as medicine, exploring mind-body skills, safe physical movement, and finding social support in this dynamic group setting. Investigate best practices and inquire into what works best for you as you are moving forward.

**WHAT:** Four Quarterly Drop-In Group Medical Visits for 2023

**WHEN:** February 15, May 17, August 16, or November 15, 2023  
Wednesday mornings from 8:00 – 9:30 am

**WHERE:** Live online video via Zoom through MyChart  
*Please check in 15 minutes before start time.*

**Questions? Ready to schedule? Call 612-873-8048**



**Stefanie Stevenson, MD**, is a board-certified family physician and fellowship trained in Integrative Medicine at the Arizona Center for Integrative Medicine.

For more information go to: [Integrative Health Lifestyle-Based Group Medical Visits](#)