Blood Sugar Balance: An integrative approach to diabetes and protecting heart and brain health

Group Medical Visits (GMV’s)
October 12 – December 7, 2023

Are you part of the 50%? Half of American adults have either diabetes or pre-diabetes and these conditions greatly increase diseases of the heart and brain. You are not alone. These Group Medical Visits are here to support you. Join us and learn to live a full and vital life!

**WHAT:** An 8-week series, once a week for 2-hours vitalizing your wellness

**WHEN:** October 12- December 7, 2023 (skipping November 23), Thursday mornings from 9:45-11:45 am

**WHERE:** Whittier Clinic, 2nd Floor Group Visit space. Offered as a HYBRID series: in person or as a virtual video visits. (*Check in 15 minutes early*).

“These group medical visits are a little bit of magic: learn from others as you all share your experiences and desires for improved health: A variety of topics are covered with a focus on vitalizing your health so you can live the life that matters to you.”

- Week 1: What is insulin resistance anyway and why does it matter?
- Week 2: The beauty of food
- Week 3: Mindful eating
- Week 4: Flowing through life with mindful movement
- Week 5: Stress and The Relaxation Response
- Week 6: Rest and Restoration
- Week 7: Supplements and Environmental Toxins: what helps, what hurts
- Week 8: Putting it all together

**QUESTIONS?** Ready to schedule? Call 612-873-8048 or Email groupvisits@hcmed.org. Visit [Group Medical Visits - Hennepin Healthcare](http://hennepinhealthcare.org) for more information on GMV’s and logistics.

Dr. Stefanie Stevenson (MD), board certified family physician and the fellowship trained in Integrative Medicine at the Arizona Center for Integrative Medicine.