

Staying Healthy Recovering and Regaining Health from COVID

Long-Haulers/Post-Acute Sequelae of SARS-CoV-2 Infection (PASC)

Group Medical Visit (GMV) Series

January 24 – March 20, 2024

Are you struggling with lingering effects from Covid-19, such as fatigue, etc., and wants to explore regaining health with integrative and functional medicine lifestyle practices? Join us in a supportive community to get your health back on track.

WHAT: A 7-week Wednesday morning series.

WHEN: January 24, 31, February 14, 21, 28, and March 6, 20,
(Skip February 7, and March 13.) from 10:00am – 12:00pm.

WHERE: Online Video Visits through MyChart via Zoom.
Please check in 15 minutes before start time.

Questions? Ready to schedule? 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.

More Group Medical Visit information/flyers go to: [Group Medical Visits - Hennepin Healthcare](#)
Email: groupvisits@hcmcd.org, or call 612-873-8048.