



Easing Pain Holistically: Emotions and Chronic Pain

We will explore how pain affects the body, mind, and spirit. The Group Medical Visit series explores easing pain through emotional wellness from several perspectives— cognitive-based psychology, integrative, and functional medicine. We are healing from the heart.

Each in-person weekly visit occurs with a group of patients, a physician, a psychologist and an integrative physical therapist. The group process and experiences will help you improve wellbeing, recover a sense of control in your pain journey, and connect with others experiencing chronic pain.

The visits are billed to insurance as a typical doctor's office visit, and thus co-pays or other charges may apply.

What: Eight-weekly, Group Medical Visits, **In-person.**
When: Tuesdays February 6 – April 2 (No visit on February 27)
Time: 2:30 – 4:30 pm (please arrive 15 minutes early to check in)
Where: Whittier Clinic, 2810 Nicollet Avenue South, Minneapolis, 55408

Thanks to grant funds from the State of Minnesota, parking/transportation costs will be covered for those in need, and a few example self-care supplies will be provided.

Team:

[Marchion Hinton, PhD, LP](#)



[Sue Haddow, MD](#)



[Catherine Justice, DPT, C-IAYT](#)



Interested?

Call 612-873-8048 with your name and number, or email: groupvisits@hcmcd.org.

For more details and information on other group visits, logistics and insurance coverage visit: [Group Medical Visits - Hennepin Healthcare](#).