

## Life Beyond Cancer Group Medical Visit (GMV) Drop-in/Check-in

Designed for those individuals that have experienced a cancer diagnosis sometime in their life, past or present. Drop-ins are different than the 8-week Life Beyond Cancer series offer once a year. With these drop-in groups you do not need to commit to a series.

You may have already completed the 8-week series and want to continue to connect with others that have experienced cancer. If you have not completed a series, you may want a taste of what the Life Beyond Cancer Group Visit may be like by attending one or more drop-in visits.

We will come together to share our best wisdom incorporating food as medicine, exploring mind-body skills, mindful physical movement, and finding social support in a supportive dynamic group setting.

Come and investigate best practices and inquire into what works best for you as you are moving forward.

**Dates:** January 11, April 18, July 11, October 10, 2024

**Time:** 10am – 12:00pm

**Where:** Online through MyChart via Zoom.

For more information and to schedule call 612-873-8048.



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

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