

## Lifestyle-Based Group Medical Visits (GMV), Spring 2024

Integrative Health group visit appointments at Hennepin Healthcare are a fulfilling way to approach your care with a focus on health and well-being from a holistic, integrative, functional medicine perspective. Sharing these appointments among a community of people can result in more confidence, supply more time for questions and dialogue, build upon self-care, and learn new mind-body skills practices to enhance your “one-on-one” patient-provider visits. The integrative providers at Hennepin Healthcare offer group visit series on topics where you can take part in a new way of taking charge of your health and gain support for your well-being.

### **Ear Points for Managing Pain, Stress and Anxiety Drop-In's | Sue Haddow, MD or Stefanie Stevenson, MD**

Battlefield Acupuncture in both ears with small needles, beads or seeds is combined with a mind-body skills practice for health and wellbeing.

Weekly Tuesday mornings from 10:30 – Noon or from 1 – 2:30 pm at Whittier Clinic, **in-person**.

***Mornings, February 13 - April 16 and Afternoons April 23 – December 17, 2024***

### **Rest and Renewal Lifestyle | Kara Parker, MD**

Approaching health and wellbeing from an integrative functional medicine-based perspective.

Six – monthly Monday evenings, 5:45 – 7:45 pm, **In-person**.

***July 10 – August 28, 2024 (Skip July 31 and August 21)***

### **Mindfulness for Health and Wellbeing | Kara Parker, MD, and Cass McLaughlin**

Focusing on mindfulness, loving Kindness, and compassion practices for greater resilience.

Eight – weekly, Wednesday mornings from 10:00am – 12pm, **HYBRID: In-person or via Zoom**.

***April 3 – June 12, 2024 (Skip April 17, May 15 and 29)***

### **Life Beyond Cancer Drop-In/Check-Ins | Stefanie Stevenson, MD**

For those who are new to GMV's and are interested in trying them out and for past participants.

Quarterly drop-ins on Thursday mornings from 9 am – 11:00am, **via Zoom**.

***April 18, July 11, October 10, 2024***

### **Blood Sugar Balance: An integrative approach to diabetes, and protecting heart and brain health | Stefanie Stevenson, MD**

Gain resources to support your ongoing health and healing with evidence-based integrative medicine.

Eight-weekly Thursday mornings from 10 am – 12:00 pm, Whittier Clinic, **HYBRID: In-person or via Zoom**.

***Offered: Spring, May 2 – July 18, Summer, July 25 – September 19, or Fall, October 17 – December 19.***

### **Healthy for Life | Elspeth Ronnander, MS, APRN, CNP, and staff.**

Learning ways of exploring physical activity, all about food groups, meal planning, stress reduction, mindful eating, and sleep in a motivational collaborative environment.

Six – weekly Wednesday afternoon from 1:30 – 3:30 pm at the CSC, DWTN Campus, **in-person**.

***May 1 – June 12 or July 17 – August 21 or, September 4 – October 16 or, November 6 – December 18, 2024***

### **Healthy for Life in Spanish: Saludable de por Vida | Rachel Silva, MD MPH, and staff.**

Six – weekly series at the CSC DWTN Campus, **in-person**.

***May 23 – June 27 Thursdays from 2 – 4 pm or, September 13 – October 18, Fridays 9:30 – 11:30 am***

***November 5 – December 10 on Tuesdays from 3 – 4:30 pm, Virtual via ZOOM.***

For 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.

For the **Healthy for Life Series** call 612-873-4299.