

## Blood Sugar Balance: An integrative approach to diabetes and protecting heart and brain health Group Medical Visits (GMV's)

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:** Spring, May 2 – July 18 (skip May 23 & 30 and July 4 & 11)  
Thursday mornings from 10:00am – 12:00pm.

**FUTURE**

**DATES:** \*Summer, July 25 – September 19 (Skip September 5.)  
\*Fall, October 17 – December 19, 2024 (skip Oct 24 & Nov 28.)

**WHERE:** Whittier Clinic, 2<sup>nd</sup> Floor Group Visit space. Offered as a HYBRID series: In-person or as a virtual video visit via ZOOM (*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@hcmcd.org](mailto:groupvisits@hcmcd.org).



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

Visit [Group Medical Visits - Hennepin Healthcare](#) for more information.