

Rest & Renewal Lifestyle Live Online Video Group Medical Visits July 10 – August 28, 2024

Interested in making lifestyle changes for improved health and wellbeing? Rest & Renewal Lifestyle Group Medical Visits are for you. Participants will benefit from a 2-hour group visit learning what our bodies need to function well and focus on moving towards greater health and healing.

What: Six-Weekly, Rest & Renewal Lifestyle Group Medical Visits from 10:00 am – 12:00pm, in-person.

When: July 10 – August 28 (Skip July 31 and August 21.)

Where: Whittier Clinic, 2nd Floor Group Medical Visit Space.
(Please check in 15 minutes early at the appointment desk.)

Rest & Renewal Lifestyle Six Appointment Series or Drop-in	Wednesday Mornings
1) Calming STRESS through Resilience	July 10
2) Restoring Optimal SLEEP	July 17
3) Honoring the Body with NUTRITION	July 24
4) Centering with Mindful MOVEMENT	August 7
5) CONNECTIONS to what has Heart and Meaning	August 14
6) Celebrating the WHOLE PERSON	August 28

Questions? Ready to schedule? Call 612-873-8048.



Kara Parker, MD is a doctor and teacher at Whittier Clinic trained in Lifestyle and Functional Medicine. She has a passion to gather patients together to discover and share ways to thrive.

For more details other group visits, logistics and insurance coverage visit [Group Medical Visits - Hennepin Healthcare](#)
Email: groupvisits@hcmcd.org or call 612-873-8048.