

## Rest & Renewal Lifestyle Live Online Video Group Medical Visits Monthly, Monday Evenings January 29 – June 24, 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-week Series Rest & Renewal Lifestyle Group Medical Visits

**When:** January 29, February 26, March 25, April 29, May 20, and June 24  
Monthly, Monday evenings from 5:45pm – 7:45pm

**Where:** Live online video via Zoom through MyChart

<b>Rest &amp; Renewal Lifestyle Six Monthly Monday Evening Appointments</b>	<b>Wednesday Mornings 5:45 – 7:45 pm</b>
1) <b>Calming STRESS</b> through Resilience	<b>January 29</b>
2) <b>Restoring Optimal SLEEP</b>	<b>February 26</b>
3) <b>Honoring the Body with NUTRITION</b>	<b>March 25</b>
4) <b>Centering with Mindful MOVEMENT</b>	<b>April 29</b>
5) <b>CONNECTIONS</b> to what has Heart and Meaning	<b>May 20</b>
6) <b>Celebrating the WHOLE PERSON</b>	<b>June 24</b>

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](mailto:groupvisits@hcmcd.org) or call 612-873-8048.