

Lifestyle-Based Group Medical Visits (GMV's), Fall 2023

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, including mindfulness practices to enhance the care received from 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.

Recovering and Regaining Health from Long – COVID | Kara Parker, MD

Support for healing from Long /Post-Acute Sequelae of SARS-CoV-2 Infection (PASC).

Eight – weekly, Wednesdays from 10:00am – 12pm, **via Zoom**.

Begins September 13 – (Skip October 4) November 1, 2023.

Ear Points for Managing Pain, Stress and Anxiety Drop-In Visits | Sue Haddow, MD

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

Drop-In/Check-in Tuesday afternoons from 1:00 – 2:15 pm, **in-person at Whittier Clinic**.

Begins October 3 – December 19, 2023 (Skip October 25, November 7, 21 and 28.)

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, Thursdays from 9:45 am – 11:45 pm, **Hybrid in-person and Via ZOOM**.

Begins October 12 – December 7, 2023 (Skip November 23.)

Life Beyond Cancer Drop-ins/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 Visit, Wednesday from 8:00-9:30am, **via Zoom**,

October 18, 2023, is the final date until 2024.

Blood Sugar Balance Drop-ins/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 Visit, Wednesday from 8:00 – 9:30 am, **via Zoom**.

November 15, 2023, is the final date.

Rest and Renewal Lifestyle | Kara Parker, MD

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

Eight – weekly, Wednesdays from 10:00 – 12:00 pm, **via Zoom**.

Begins November 15 – December 13, 2023.

Easing Pain Holistically for Emotions, or Muscles and Joints or one for Headaches

Exploring how pain affects the body, mind, and spirit, while learning integrative health

Eight – weekly series offered at Whittier and East Lake Clinics, in-person.

Dates to be determined, offered again in 2024.

More Group Medical Visit information go to: [Group Medical Visits - Hennepin Healthcare](#)

Email: groupvisits@hcmcd.org or call 612-873-8048.