

Rest & Renewal Lifestyle for Heart Health

Group Medical Visits November 30 – December 11, 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 for Heart Health Group Medical Visits from 10:00 am – 12:00 pm (Please arrive 15 minutes early.)

When: October 30 – December 11 (Skipping November 27)

Where: Whittier Clinic, 2nd Floor Group Medical Visit Space.
Offered as a Hybrid: In-person or Online via ZOOM.

Rest & Renewal Lifestyle Six Appointment Series or Drop-in	Wednesday Mornings
1) Calming STRESS through Resilience	October 30
2) Restoring Optimal SLEEP	November 6
3) Honoring the Body with NUTRITION	November 13
4) Centering with Mindful MOVEMENT	November 20
5) CONNECTIONS to what has Heart and Meaning	December 4
6) Celebrating the WHOLE PERSON	December 11

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.