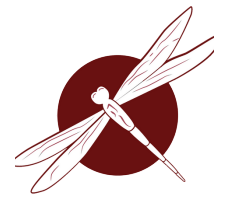


ATKINSON FAMILY PRACTICE

FUNCTIONAL MEDICINE GROUP VISITS

(Rev. 1/5/2021)



REDUCING INFLAMMATION WITH THE MITO DIET

1/7/21 & 3/29 at 6pm (ONLINE) ~Learn the ins and outs of a food plan that will help to reduce inflammation at the mitochondrial level.

PREVENTING ALZHEIMER'S

Part 1 ~ 1/11/21, Part 2 ~ 1/25/21 at 6pm & Part 3 ~ TBD (ONLINE) ~Learn to prevent neuro-degenerative diseases such as Alzheimer's, Parkinson's, Multiple Sclerosis, Dementia, and cognitive decline through Dr. Dale Bresden's protocol for preventing Alzheimer's. Prerequisite: must have done Boston Heart labs.



IMMUNE SUPPORT FOR COVID-19

1/29/21 at 8am (ONLINE) ~ Considering immune function and challenges in the face of Covid-19, learn individualized ways to support your immune system during the pandemic and beyond.

DE-STRESS YOUR LIVER

2/4/21 at 6pm (ONLINE) ~For patients who wish to optimize liver function. Especially for patients diagnosed with fatty liver disease.

TRUST YOUR GUT

2/18 at 6pm (ONLINE) ~ The gut is the foundation of health. Learn the function of the gut and microbiome, and their role in overall health. Learn steps to repair the gut and rebuild the microbiome.

BALANCING FEMALE HORMONES

2/25/21 at 6pm (ONLINE) ~ Join Jessica Jimison, FNP-C, IFMCP, as she talks about supporting healthy hormones by taking care of the GALS (Gut, Adrenals & Liver)!

FUNCTIONAL MEDICINE 101

3/4 at 6pm (ONLINE) ~ Learn the fundamental of the Functional Medicine approach and how it can change your life. This should be the start of your Functional Medicine journey.

ADRENAL FATIGUE

3/15 at 6pm (ONLINE) ~ Learn the impacts social-emotional stressors have on your physical health, and how to treat or prevent the injuries caused by stress

To schedule your Functional Medicine Group Visit call 413-549-8400 x 126 or email events@doctorkate.net. A co-pay is charged for all in-person visits. Tele-class visits are free for AFP patients. (There is a fee for non-AFP patients). All visits follow our 24-hour cancellation policy. A no show fee will be charged if policy is not followed. Any questions, please contact events@doctorkate.net

Please note: We cannot schedule a provider visit for patients on the same day they have a functional medicine visit/class.

Class Dates TBD

Menopausal Hormones - Learn the pros and cons of hormone replacement therapy. Learn how to reduce the risks of Gyn cancers and osteoporotic fractures.

Preventing Diabetes - Learn how insulin resistance eventually leads to diabetes, and learn ways to prevent the disease through diet, lifestyle and supplements.