

ATKINSON FAMILY PRACTICE

GROUP MEDICAL VISITS

(Rev.11/16/2020)



NEW MOM'S SUPPORT GROUP

Tuesdays at 10:30am, starting on 12/8 (ONLINE) ~
Join Katelyn Dutkiewicz, PA-C and Miranda Tsoumas, PA-C every week to talk about conquering motherhood with confidence. Each week learn something new while supporting each other along your journey. Topics discussed include: nutrition, yoga, women's health and more.



INTUITIVE EATING SUPPORT GROUP

Tuesdays at 11:30am (ONLINE) ~
Join Nutritionist Amanda Mittman weekly to discuss the Intuitive Eating model and how you can have a better relationship with food. This group is open to those practicing IE and Health at Every Size (HAEStm) principles to find community and support from each other.

SOLOS SUPPORT GROUP

Tuesdays at 1:30pm & **NEW! Thursdays at 1:30 starting 12/3** (ONLINE)

This is a support group to help those feeling especially isolated. Some topics of this group will be: mutual emotional support, encouragement, resource building, problem solving. (please ask your provider for a referral).

TEEN SUPPORT GROUP (AGES 12-18)

Wednesdays at 6:30pm (ONLINE)

This weekly group will provide social and emotional support for teenagers to help manage life during the Coronavirus. Space is limited.

DIALECTICAL BEHAVIOR THERAPY SKILLS

Thursdays at 4pm (ONLINE)

Are you struggling to manage emotions? DBT is an evidence-based treatment that helps people who are struggling with out of control emotions or self-destructive behaviors to build lives worth living. DBT skills group is an important part of that treatment, and teaches mindfulness, interpersonal effectiveness, emotion regulation, and more. (please check when the next rotation will begin)

QI GONG: EIGHT PIECES OF BROCADE

11/19 at 5pm (ONLINE)

Eight Pieces of Brocade was developed 1000 years ago by Chinese Marshal Yueh Fei. It is one of the best ways to strengthen the body. It also helps in balancing the vital functions and to drive stagnant energy and toxins out from the system. Come to one, some or all sessions.

FEMALE HAIR LOSS

11/23 at 6pm (ONLINE)

Learn the etiology of female balding, hair loss, and evidence-based treatment. Led by Jennifer Jordan, DNP, APRN, FNP-C

SEXUAL HEALTH & MENOPAUSE

11/30 at 6pm (ONLINE)

Discover the physiological changes that occur during estrogen deficiency and evidence based treatments. Learn how intimacy evolves with age and how you can achieve healthy and satisfying intimacy at any age. Led by Jennifer Jordan, DNP, APRN, FNP-C

HEARTMATH/STRESS & ANXIETY SERIES

12/2, 12/16 and 12/22 at 1:30pm (ONLINE)

Learn the science and practice of the HeartMath system and how it can be used to lower stress and anxiety and increase resilience and well-being. Must take the 1st class in order to complete the last two. Space is limited. Led by Judy Grupenhoff, NBC-HWC.

HEALTHY BACK SERIES

12/2, 12/9, 12/16, 12/30, 1/6 & 1/13 at 6pm (ONLINE)

Join Anne Ye, PT, to learn how to maintain healthy core strength, reduce lower back pain, improve your posture, prevent further injury and more! Classes at no charge for AFP patients. Space is limited. Must have completed Get to Know Your Core, or a prior Intro to Exercise or Healthy Back Series.

ADULT SLEEP CLASS

12/9 at 3:30pm (ONLINE)

Learn about important and healthy sleep habits for adults.

To schedule your Group Medical Visit, call 413-549-8400 x 126 or email events@doctorkate.net. There is no co-pay associated with tele-medicine visits for AFP patients (There is a small fee for non-AFP patients). All visits (except for ongoing group meetings) 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 days they are scheduled for a group medical visit