

ATKINSON FAMILY PRACTICE

GROUP MEDICAL VISITS

(Rev.10/13/2020)



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 (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)

BETTER BONES OSTEOPOROSIS SERIES IS BACK!

10/13 through 11/10 at 11am (ONLINE) ~

This 5-week online series will provide participants with information on best management of osteoporosis and osteopenia. Each session will include information on nutrition, physical therapy, medical management and more! Must commit to all five classes.

ADULT SLEEP CLASS

10/14 at 3:30pm (ONLINE) ~

Learn about important and healthy sleep habits for adults!

FEMALE HAIR LOSS

10/19 at 6pm (ONLINE) ~

Etiology of female balding, hair loss and evidence-based treatment. Part of Jennifer Jordan's Aging Gracefully series.



TAME YOUR ANXIETY 101

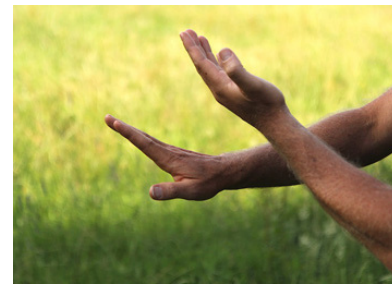
10/22 at 4:30pm (ONLINE)

An introduction to why your nervous system does what it does and how you can interrupt and re-pattern your anxiety response. Led by Judy Grupenhoff, MS, M.Ed., NBC-HWC

QI GONG: EIGHT PIECES OF BROCADE

10/22, 10/29, 11/5, 11/12 & 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.



UNDERSTANDING YOUR BODY THROUGH THE CHANGE

10/26 at 6pm (ONLINE) ~

Learn about lifestyle factors that improve health with age and take part in discussion on the latest literature about hormones, supplements and more! Part of Jennifer Jordan's Aging Gracefully series.

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