



FUNCTIONAL MEDICINE GROUP VISITS

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Dear AFP patients,

As you are likely aware, the Functional Medicine team will be finding a new home in Origins Collaborative Care PLLC as of October, 2021. We would like to offer these last two educational classes at AFP before we're gone. These lectures apply to absolutely everyone who has ever experienced stress 😊, and they will no longer be available using your insurance once we're gone. We believe this information is so important that the first one is a prerequisite for receiving care through Origins Collaborative Care. **Each class is available to AFP patients for their copay, and to non-AFP patients for \$50.**

The information is a two-part series about the Autonomic Nervous System's role in health and illness. The first lecture is called ***Removing Obstacles to Healing***, and explains how certain autonomic nervous system states can inhibit the body's biological ability to heal and repair, and will undermine even the very best attempts to address chronic illness with external interventions. This is an in-depth look at the physical impact of stress on the body.

The second lecture is called ***Harnessing Your Power to Heal*** and provides education about Polyvagal Theory, which is a framework on which we can restore the capacity for health, growth, and restoration. The second lecture will be accompanied by a handout with resources, and we highly recommend you attend both lectures in order to appreciate the intricate dance between our nervous systems, our hormones, and our immune systems, and how these relate to illness and restoring wellness!

1. **Removing Obstacles to Healing ~ Mon Sept 13 at 8-9:30am OR 4-5:30pm.**
2. **Harnessing Your Power to Heal ~ Mon Sept 20 at 8-9:30am OR 4-5:30pm.**

These lectures will be provided via a secure Zoom Webinar platform. No participants' identities will be visible to other participants. We will stay late for Q&A if needed.

PLEASE NOTE: To be signed up for both of these Functional Medicine offerings, please email emarcelo@doctorkate.net, or call Nicole, Functional Medicine receptionist at 413-549-8400 option 5. The cost for these offerings is your co-pay (if applicable). Nicole can let you know what your co-pay is if you are unsure. We look forward to having you with us! **NON-PATIENTS** can register for \$50/session.