Ready to improve your health?
Try out Group Medical Visits

WINTER 2020 PROGRAMS
Whole Health – *Sleep, Nutrition, Exercise & More*
Lead by Katrina Johnson, PsyD
Every Wednesday, January 29 – March 4
1:00-2:30pm
Joyce & Marshall Erdman Clinic
(available in English)

Young Ambassadors of Healthy Living
Lead by Misty Romero, APNP
Every Thursday, February 13 – March 19
4:30-6:00pm
Joyce & Marshall Erdman Clinic
(available in English and Spanish)

What you will find in a group visit:
• Friendly, welcoming setting
• Support from peers
• Health education
• Fun activities
• Extended time with a provider

Group visits are open to all Access medical patients.
Call (608) 443-5480 and ask to speak with Cassidy about Group Medical Visits.

Access
COMMUNITY HEALTH CENTERS™