

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.