

# NOW OFFERING WOMEN'S GROUP VISITS



The HonorHealth Women's Heart Health Program is now offering shared group visits. These sessions encourage participants with similar health concerns to ask questions, share stories, and experiences with each other and their care team.

An appointment with your care provider typically lasts 15 to 30 minutes. A group visit will take place in a session, over a two-hour period. During the group visit, you will hear from healthcare experts, and have an opportunity for a one-on-one time for individualized care related to event topic.

## Women's Heart – Mind Connection

The goal of this shared group visit is to provide you with education and tips the heart mind connection. This is a two-part interactive class where you'll learn about the mind-heart connection, mindfulness and stress mastery from Guest Speaker, Kristen Giger, LCSW. All participants will meet Mia Chorney, a licensed nurse practitioner who specializes in women's wellness and heart health.

### Part 1: Mindfulness and Me

Tuesday, Nov. 8, 2022

Option 1: 8 – 10 a.m. or Option 2: 10:30 – 12:30

### Part 2: Stress Mastery

Tuesday, Nov. 15, 2022

Option 1: 8 – 10 a.m. or Option 2: 10:30 – 12:30

#### You can participate by:

Calling the Women's Heart Health office

Talking with your physician during your routine office visit.

**Location: Brady Conference Center, HonorHealth Scottsdale Shea Medical Hospital**

Space is limited; Call our office today to reserve one of the **10 seats** available.

**For more information or to reserve a spot, call:  
480-323-4973**

Please arrive 15 minutes early and bring your insurance card and medication list.

[HonorHealth.com/womensheart](https://www.honorhealth.com/womensheart)

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