

# ATKINSON FAMILY PRACTICE

## FUNCTIONAL MEDICINE GROUP VISITS



(Rev. 9/15/2020)

### FUNCTIONAL MEDICINE 101

9/18 at 8am & 12/14 at 6pm (ONLINE) ~Learn the fundamental of the Functional Medicine approach and how it can change your life. This should be the start of your Functional Medicine journey.

### PREVENTING DIABETES THROUGH FUNCTIONAL MEDICINE

10/5 at 6pm (ONLINE) ~  
Learn how insulin resistance eventually leads to diabetes, and learn ways to prevent the disease through diet, lifestyle and supplements.

### ADRENAL FATIGUE

10/15 & 12/17 at 6pm (ONLINE) ~  
Learn the impacts social-emotional stressors have on your physical health, and how to treat or prevent the injuries caused by stress

### DE-STRESS YOUR LIVER

10/26 at 6pm (ONLINE) ~  
For patients who wish to optimize liver functions. Especially for patients diagnosed with fatty liver disease. (not applicable for alcoholic liver disease).

### REDUCE INFLAMMATION WITH THE MITO DIET

11/2 at 2pm (ONLINE) ~  
Learn the ins and outs of a food plan that will help reduce inflammation on a mitochondrial level

To schedule your Functional Medicine Group Visit call 413-549-8400 x 126 or email [events@doctorkate.net](mailto:events@doctorkate.net). A co-pay is charged for all in-person visits. Tele-class visits are free for AFP patients. (There is a fee for non-AFP patients). All visits 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](mailto:events@doctorkate.net)

Please note: We cannot schedule a provider visit for patients on the same day they have a functional medicine visit/class.

### MENOPAUSAL HORMONES

11/12 at 6pm (ONLINE) ~  
Learn the pros and cons of hormone replacement therapy. Learn how to reduce the risks of GYN cancers and osteoporotic fractures.

### BALANCING FEMALE HORMONES

11/16 at 6pm (ONLINE) ~  
Join Jessica Jimison, FNP-C, IFMCP, as she talks about supporting healthy hormones by taking care of the GALs (Gut, Adrenals & Liver)!

### IMMUNE SUPPORT FOR COVID-19

12/3 at 6pm (ONLINE) ~  
Considering immune function and challenges in the face of Covid-19, learn individualized ways to support your immune system during the pandemic and beyond.



### TRUST YOUR GUT

12/7 at 6pm (ONLINE) ~  
The gut is the foundation of health. Learn the function of the gut and microbiome, and their role in overall health. Learn steps to repair the gut and rebuild the microbiome.

### Class Dates TBD

**Preventing Alzheimer's** - Learn to prevent neurodegenerative diseases such as Alzheimer's, Parkinson's, Multiple Sclerosis, Dementia, and cognitive decline through Dr. Dale Bresden's protocol for preventing Alzheimer's.