

Group Visits/Classes

with Dr. Worden

3:30 PM at BFM (or Zoom)

September

18th Improve your Sleep
23rd Improve your Stress

October

9th Improve your Nervous System
16th Improve your Gut & Digestion
30th Improve your Energy

November

6th Understanding the “Trifecta”-hEDS/MCAS/DA
13th Immune Boost-Get ready for Cold & Flu season
20th Post COVID Support

Group Visit FYI

- Group visits are available as in person at BFM (up to 8 patients) or virtually on Zoom and are 1 hour in length.
- Insurance can be billed as a “shared” office visit (co-pay/deductible/coinsurance applies-similar as a “regular” office visit). (In order to bill insurance, you must be an active patient of Dr. Worden)
- Available to anyone, whether active patients, paused or non-patients
- Group visit does NOT count toward allowed monthly visits
- If you are not an active patient of Dr. Worden, or choose to not bill insurance, cash price for the 1 hour Group Visit is \$50. *Note, there will not be any individualized treatment plan provided.*
- As a **BONUS** for ALL who attend the group visit, you will receive **40% off** of all supplements purchased, that are related to the topic of the group visit, for 1 week following the group visit.

Improve your Energy

Help for patients with fatigue and low energy. We will talk about different ways to get more energy, improve sleep and give the body what it needs to make energy.

Improve your Nervous System

Many of us have had a history of stress or trauma that can “program” your nervous system. This can lead to overactive immune or mast cell response, dysfunctioning vagal nerve and lead to issues including stress, insomnia, gut issues, body pain, sensitivities and more.

Improve your Gut & Digestion

Help for patients with chronic GI symptoms, like pain, bloating, indigestion, constipation, diarrhea, food intolerance and more. We will discuss some root causes as well as treatment approaches.

Improve your Stress

We all need help managing stress. We will talk about how stress affects many aspects of your health and ways to combat chronic stress.

Improve your Sleep

Getting a good night sleep is hard for many of us. We will talk about ways poor sleep affects our health and ways to improve falling asleep, staying asleep and getting deeper sleep.

Improve your Immune System

Get ready to support your immune system for cold and flu season (and COVID). We will discuss ways to help support your immune system and fight off viral infections and stay well this winter.

Trifecta -Understanding Hypermobile conditions -hEDS, MCAS & DA

We will review the 3 most common co-occurring conditions with hypermobility-hEDS, MCAS & Dysautonomia/POTS. Join us to learn more about how these can contribute to chronic symptoms and how to manage them.

Post COVID Support

For anyone who just hasn't felt well since COVID. We will discuss multiple issues identified as post-COVID syndrome and options to help improve energy, sleep and overall health.

Improve your Heart

For Patients with pre-diabetes, diabetes, high cholesterol, fatty liver or HTN; we will talk about ways to reduce risk of heart disease and even reverse disease

Improve your Memory and Brain Health

Are you concerned about changes in your memory? Worried about memory loss as you age and risk of dementia? We will discuss multiple factors that contribute to memory and ways to support the brain to help prevent memory decline.

Weight loss and Body Composition

Are you wanting to change your body composition and lose weight? We will talk about contributors to weight gain and review weight loss strategies.

Detox your Body

Get ready to support your detox pathways to help clear toxins to support immune health, energy, sleep, brain and heart health, body composition/weight loss and MUCH more.

Autoimmune reboot

We will review the 4 pillars to help treat and reverse autoimmune conditions: Food & Gut health, Detox, Chronic infections and stress.

Improve your Pain

Pain science is changing and our understanding of the role of the brain in pain management is better understood. We will discuss options to help with all types of chronic pain.