

Healing Journal



The mind-body connection to health and healing

On the journey to health and wellness, it turns out, the mind is as important as the body. The journey rarely follows a straight path. There are many detours, twists and turns one faces over a lifetime including acute medical conditions, chronic diseases or perhaps a spiritual crisis. At various stages, the obstacles to good health change depending on our personal situations. And although we may know the basics on how to prevent illness, we may struggle with challenges of incorporating them into modern life or learning how to prevent excesses, imbalances or deficiencies.

At the Penny George Institute for Health and Healing, health care practitioners approach their role to patient care as advocates treating the whole person, involving them as an empowered partner in reaching one's health and wellness goals.

Gary Carlson, MD, an integrative medicine physician at the George Institute's Outpatient Clinic, practices a holistic approach to patient care called functional medicine—a personalized, dynamic approach to assessing, treating and preventing chronic medical

diseases. Functional medicine's aim is to improve patient health by reversing specific functions that contribute to the disease state.

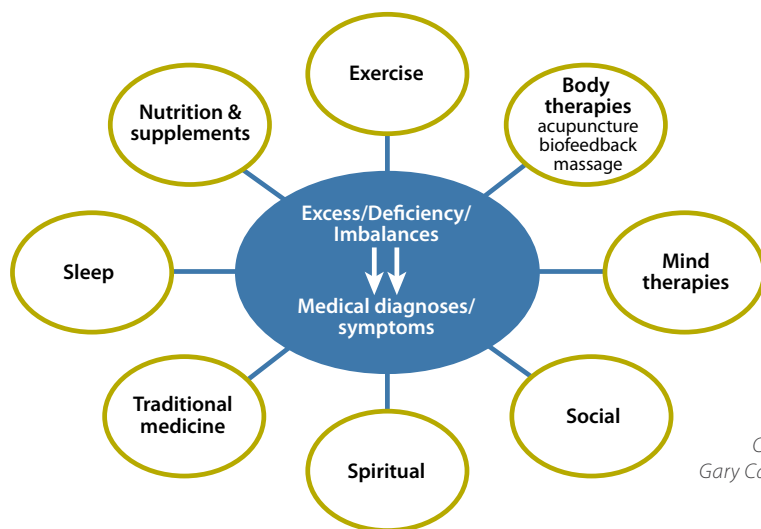
"If you want to know what your thoughts were yesterday, look at your body today. If you want to know what your body will look like tomorrow, look at your thoughts today."

—Deepak Chopra

Board-certified in family medicine, holistic medicine, medical acupuncture and a certified yoga instructor, Carlson looks at each patient's core physiologic and biochemical imbalances to determine how they contribute to health concerns or disease. The goal is prevention and identification of the underlying causes, rather than symptoms. Functional medicine recognizes the importance of an individual's biochemistry and caring for the whole patient, rather than just a disease.

Continued on page 6

Gary Carlson, MD, describes eight different areas of focus to assess a person's overall health. Any excesses, deficiencies or imbalances could lead to health problems.



Courtesy of Gary Carlson, MD

GEORGE INSTITUTE'S OUTPATIENT CLINIC

Patient services include:

- acupuncture
- Ayurveda
- energy healing
- integrative medicine physician consultations
- integrative nutrition counseling
- mind/body therapies including biofeedback
- resilience training
- spiritual coaching
- therapeutic massage
- therapeutic yoga
- traditional Chinese medicine herbal consultations.



Penny George Institute for Health and Healing

THE MIND-BODY CONNECTION OF EXERCISE AND NUTRITION

Small choices make a big difference

Thought, food, sleep and movement. These four areas play a big role in our overall health. Combined, they have the ability to determine our quality of life and resilience to the daily challenges we face.

Making good choices related to fitness and nutrition is so important that many experts now refer to both as medicine. “If exercise could be put into pill form, it would be the most widely prescribed medication today,” said Sue Masemer, MS, exercise physiologist and manager of Abbott Northwestern’s LiveWell Fitness Center. “What we’re often missing in our society today is the ability to use the innate tools we all possess to help our body become more resilient to disease and allow us to more fully enjoy life.”

At the LiveWell Fitness Center, a professional team of exercise physiologists, physical therapists, registered dietitians and a wellness coach offers medically-sound and practical programs focused on individual goals. Fitness is so much more than a number on a scale. “When you exercise, you bring such tremendous overall benefits to your body,” Masemer explains. “Studies show that if you are fit, your mortality rate is halved even if you are a little overweight. So, even if you constantly fight the battle of the bulge, it is very important to maintain a good activity plan knowing you are still improving your health.”

Beyond the number on a scale, Masemer’s team looks at the complete picture of overall health including blood pressure, body fat, cardiovascular fitness, flexibility, cholesterol, strength, posture, balance, metabolism and making healthy eating choices.

According to Masemer, exercise does not need to be in one block of time to be beneficial. There is significant research that shows that activity benefits are cumulative throughout the day. “People don’t need to get all of their

“Quieting the mind is a huge piece to good nutrition.”

activity in at a gym and it doesn’t need to be in one session,” said Masemer. “Three 10-minute periods of physical activity each day are as beneficial for good health as one 30-minute session.” That’s good news for those who aren’t fans of structured exercise programs. Simply adding to the number of steps a person takes each day, taking the stairs instead of the elevator and parking further away from your destination are small steps that could add up to big changes over the course of a day.

At the George Institute’s Outpatient Clinic, licensed nutritionist Carolyn Denton, MA, LN, works with clients on an individual basis to help them make mindful food choices to

NUTRITION AND FITNESS TIPS

Is it possible to improve your life through small changes related to exercise and diet? Experts say yes. Here are some tips to incorporate into your daily life.

- Find a way to downshift from the stress of daily life. Yoga, meditation, music and art all provide options for dealing with the body’s stress response.
- If your body is low on carbohydrates, it will borrow energy from internal sources including the muscle. Eat breakfast and listen to your body for hunger in the afternoon. Try eating a small snack of a carbohydrate and a protein to prevent overeating later in the day. For example, an apple and a small piece of cheese or peanut butter, some fresh, raw vegetables with hummus, or a protein bar.
- If you take 8,000 to 10,000 steps per day, you will reap heart-healthy benefits. A pedometer is a simple measurement tool to ensure that you are getting in enough activity.
- Some people forget to eat under times of stress. Have ingredients for healthy meals and snacks on hand. Protein-rich snacks are best.
- Try to eat a small meal or snack every three to four hours.
- If you despise a certain type of exercise, the chances are that you’re not going to do it. Find something you like.



promote health and healing. According to Denton, the mind-body connection plays a critical role in the body's response to the food choices we make. "It's important to be nourished by our food choices in the truest sense of the word," explained Denton. "You could be eating the right things, but if they are not broken down or digested properly, it's difficult to attain proper nutrition."



Licensed nutritionist
Carolyn Denton, MA, LN

Denton explains that most metabolic functions in the body are geared towards survival, so during times of stress, the digestive system may essentially shut down, hampering the breakdown of essential nutrients in the body. "If we eat during a state of stress or 'fight or flight,' the body doesn't get the cue that it needs to digest those nutrients," said Denton. Another issue related to food and stress is the critical role of the pancreas, which manages glucose in the body with insulin. "During times of stress, the

body can get out of rhythm in terms of the balance of energy production and energy use," she added. "We may crave more glucose or the body might store glucose as a back-up system."

Denton offers individual nutritional consultations for people hoping to retain their health or dealing with chronic or acute situations including gastrointestinal issues, autoimmune diseases, arthritis, fibromyalgia, anxiety and depression, cancer and more. "There is a whole part of digestion that involves the mind—from when you smell or see certain foods, to before you even take that first bite, your body prepares to digest," explained Denton. "Mindful eating is more than picking the right foods—it also means allowing your body to digest them properly."

In order to downshift from the body's stress response, Denton notes that exercise plays a key role in quieting the mind to allow for proper digestion. In addition, sleep plays a key role in repairing the body and is foundational for good overall health. "Nutrients are the triggers for proper body functions," said Denton.



PROGRAMS AND SERVICES FOR MIND-BODY NUTRITION AND FITNESS

LiveWell Fitness Center

Call 612-863-5178 for more information or to register.

Fitness profile..... \$89

A full evaluation of overall cardiovascular fitness, flexibility, strength and endurance, including goal-setting

Resting metabolism testing \$95

12-Week Take Action Program for Weight Management

- group program..... \$349
- individual program..... \$559

A highly successful program for people who want to lose weight and keep it off

Individual wellness coaching for successful behavior changes

- initial session..... \$75
- packages are available, call for more information*

Bod Pod body composition testing..... \$55

Personalized exercise session .. \$70

Work with an exercise physiologist or physical therapist to develop a program for home or the gym, our professionals may work with your individual physician if you have specific health concerns

George Institute's Outpatient Clinic

Call 612-863-3333 for appointments.

Nutritional consultations

- initial 60-minute consultation .. \$100
- follow-up consultations \$70

SPECIAL EVENTS

The Art of Healing Program

The George Institute's *Art of Healing* program provides arts-based wellness interventions and education on both an inpatient and outpatient basis on the Abbott Northwestern Hospital campus and at other facilities of Allina Hospitals & Clinics. Some program components include music therapy, artists at the bedside, collaborations with area arts groups and the creation of a volunteer program. The program includes visual arts exhibits and visual, movement, written word and music classes focused on educating individuals in the therapeutic benefits of the arts.

Visual Arts Exhibit Calendar

Each month a new local artist is chosen to display work at the George Institute's Outpatient Clinic. Artwork portrays themes of health, healing and spirit. The exhibits and opening receptions are free and open to the public. Exhibits may be viewed during clinic hours, Monday to Thursday, 8 a.m. to 9 p.m., and Friday, 8 a.m. to 4:30 p.m.

AUGUST-SEPTEMBER EXHIBIT

Opening reception held at the George Institute's Outpatient Clinic on Friday, Aug. 13, 6-8 p.m.

- Reading, with sign language interpretation of *Wind Song*, a book illustrated by Susan Davies
- Artist talk by John Hardy

Abbott Northwestern Hospital, Lower Level (by LiveWell Fitness Center)
Photographs by John Hardy

George Institute's Outpatient Clinic (SE corner of 28th and Chicago)
Paintings by Susan Davies from the book *Wind Song*

Classes at the Penny George Institute for Health and Healing

Registration is required for all classes unless otherwise noted. To register or for more information, call 612-863-3333.

RESILIENCE TRAINING

Resilience Training is an eight-week group program developed by Henry Emmons, MD. Based on Dr. Emmons' book, *The Chemistry of Joy*, Resilience Training is designed to help people enhance their natural resilience, making them less likely to develop problems with depression and other chronic diseases. Desired outcomes for program participants include reduced severity of depression and anxiety symptoms, a decrease in future episodes, and less reliance on prescription medications.

Program features: The program begins with a consultation with Dr. Emmons. This provides an opportunity to learn more about the program and whether it is right for you, but also to receive an integrative assessment of your situation and any suggestions that Dr. Emmons feels may be helpful for your recovery.

Each Resilience group consists of 12-16 participants who meet once a week for eight weeks to gain a greater understanding of the interconnected workings of the mind, body and spirit. Specific techniques of meditation and mindfulness will be learned to support the process of overcoming depression and anxiety. Resilience Training also includes individual sessions with a clinical nutritionist and an exercise physiologist. Each participant will be given specific dietary and exercise recommendations for their particular needs with an overall focus on improving the body's physical imbalances and toxicities that may contribute to depression and anxiety. Learning the significance of exercise and nutrition and implementing these activities are cornerstones to the development of resilience.

To schedule the initial consultation with Dr. Emmons, please call 612-863-3333. The fee for the appointment is \$200 and is not billable to insurance. If you then make the decision to participate in the full program, the \$200 will be applied to the total Resilience Training program fee of \$900 when you enroll.

Yoga

THERAPEUTIC YOGA

Anyone can do yoga. Yoga is a wonderful aid to healthy living, and a regular yoga practice may offer many benefits, including:

- easing muscular tension
- improving circulation
- increasing flexibility and balance
- improving functions of various body systems
- toning and strengthening the body
- providing relaxation.

Yoga may also be used to support the healing process and may be helpful for people who are experiencing low back pain, neurological disorders, cancer or other health issues. To explore yoga as a complement to conventional care, call 612-863-3333 for an individual consultation with a yoga therapist.

BEGINNING GENTLE YOGA

In this six-week class learn basic yoga postures, breathing techniques and meditation practices. This style of yoga invites you to move slowly and with awareness, relaxing mind, body and spirit. This class requires the ability to get down to the floor and up again.

Megan Hatch, CYT, instructor
Series of 6 Classes,

Wednesdays, 5-6:15 p.m.

July 7, 14, 21, 28 and Aug. 4 & 11
\$89

YOGA FOR WORK

In this series, learn simple and effective techniques you can use throughout your workday to alleviate both physical and mental stress. Go home with more energy than you arrived with!

Megan Hatch, CYT, instructor
Series of three classes,

Mondays, 4:30-5:30 p.m.

July 12, 19 and 26
\$40

DRUM CIRCLE

Come and drum with us! Drumming has been shown to reduce stress and have a positive impact on your health. Experience a sense of relaxation and wellbeing through self-expression, physical activity, sharing in the group energy and having a lot of fun. No musical experience necessary. A variety of percussion instruments will be provided, but you are welcome to bring your own drum.

Kim Donley, MS, MT-BC, instructor
Mimi Lindell RN, HN-BC, CHTP, instructor
Thursday, Sept. 16, 7– 8 p.m.
(pre-registration required)
\$10

HEALING THROUGH THE ARTS

This three-week class will use the arts to help facilitate mind/body/spirit healing. We will use drumming/music therapy, meditation, art and journaling. No experience necessary! This class is open to anyone who might be dealing with a medical condition, a new diagnosis or who might want to explore their health and healing in a different way.

Kim Donley, MS, MT-BC, instructor
Series of three classes
Thursdays, 4:30–6 p.m.
July 29, Aug. 5 and 12
\$60

Other Classes

TAKING TIME: HOW DO WE MAKE TIME IN OUR BUSY LIVES?

Our work and home lives seem to be getting busier every year. How we think about time and understand time becomes more and more important. Though specific time management techniques are widely taught, this class will take a different path. We will use affirmations, guided meditations and discussion to explore our attitudes about time. Time comes from within us and is not a barrier we have to fight. Together, let's relax our preconceptions to find new presence and time.

Jayson King, BS, RN, NCTMB, HNB-BC, instructor
Tuesday, Aug. 3, 4–6 p.m.
\$25

AROMATHERAPY FOR EVERYDAY USE

This class is created for anyone who wants to gain a basic understanding of essential oils and how to use them for maintenance of vigorous health and healing and prevention of illness. By experiencing the oils yourself, you will learn

how the oils work and which ones promote self care, family care and a healthy home environment. You will leave with knowledge about how to choose and apply the right essential oil to help you relax or wake you up, to calm your pain or nausea, clear your sinuses, sooth your skin, prevent colds and flu, or keep your home safely and naturally clean.

Mary Ellen Kinney, BA, RN, HN-BC, CPCA, instructor
Thursday, July 15, 6–8:30 p.m.
\$30

DISCOVER YOUR BODY'S WISDOM

In this class, Margaret McRaith, MA, PT, invites you on a journey to discover your physical body as a source of wisdom, healing and transformation. Using principles, maps and tools based in ancient wisdom and grounded in the latest science, come explore the relationship between your physical body and the various aspects of your inner self (emotions, thoughts, spirituality). You will learn tools to quickly and easily apply in almost any setting to bring greater health and wellbeing. Specifically, you will learn and practice how to: shift from outer to inner awareness; notice subtle but tangible connections between body tension and feelings/thoughts/spirit; and reduce body tension/stress and increase relaxation and vitality.

Margaret McRaith, MA, PT, instructor
Tuesday, July 27, 5:30–8:30 p.m.
\$35

HEALING TOUCH LEVEL 1

This class is designed for registered nurses, licensed health care professionals, body-oriented therapists, psychotherapists or other individuals who desire to incorporate energy system concepts, principles and techniques into their existing or new practice. Students will gain an understanding of: the basics of the human energy system, chakras, principles and practice of healing touch, basic assessment and intervention techniques, application of healing touch in personal/professional practice. This course can be taken alone or can be combined with future advanced levels.

Instructor: to be determined
Saturday, Aug. 6 and Sunday, Aug. 7,
8:30 a.m.–6 p.m.
Regular tuition \$300
HTPA/AHNA Member \$275
Allina employee \$250
Student \$200
Repeat \$200

UNDERSTANDING AND HEALING THE EFFECTS OF TRAUMA

Traumatic events can alter an adult's brain, but childhood abuse and neglect can have even more devastating consequences including later drug abuse, early pregnancy, physical pain and psychiatric problems. The growing understanding of brain changes has begun to offer new treatment options. Learn how integrative medicine techniques can soothe and reverse responses to trauma. After this seminar you will be able to:

- identify how early attachment disorders affect one's later reaction to traumatic events
- list mind, body and spirit causes of trauma and how they manifest as disease
- describe typical brain changes that occur with trauma
- describe how the body reacts with fight/flight and other responses
- define the stages of trauma
- describe the progression from trauma to PTSD
- discuss how integrative medicine techniques can help heal the effects of trauma.

Bring a bag lunch. Dress comfortably.

Sue Arnold, RN, instructor
Saturday, Aug. 14, 10 a.m.–4 p.m.
\$79

PERSONAL STRATEGIES FOR MAINTAINING CHANGE

Have you recently made a lifestyle change and find it difficult to maintain? Would you like to learn the secret to make that change a permanent part of your life? In this experiential class, you will discover and develop your personal strategy for maintaining the change you desire. Based on neuro-linguistic programming, this class will help you tap into your values and use them to make lasting change. Please bring a bag lunch.

Molly Ellefson, MS, NCC, and Barbara Hopperstad, MA, CTC, instructors
Saturday Sept. 18, 9:30 a.m.–4:30 p.m.
\$125

All classes will be held at George Institute's Outpatient Clinic on the corner of 28th Street and Chicago Avenue. To register or for more information, call 612-863-3333.

Whole Family Wellness Series

The Penny George Institute for Health and Healing, The Marsh and Children's Hospitals and Clinics of Minnesota – Integrative Medicine announce the Whole Family Wellness Series—a series of wellness sessions designed for all members of your family on Tuesday evenings in June, July and August. All sessions will be held at The Marsh, 15000 Minnetonka Blvd. in Minnetonka.

Each session begins with a children's drop-off at 6 p.m. where the children will participate in an experiential program. Adults will be welcomed to the program at 6:15 p.m. From 7:10 to 7:30 p.m., a whole-family focus educational session will be held with parents and their children together. This will be followed by a Q & A session and a time for parents to join their children for a brief experiential session.

You may register for individual sessions or the entire series for a discounted fee. The family fee for an individual session is \$20 for the public and \$15 for members of The Marsh. The family fee for the entire series is \$85 for the public and \$70 for members of The Marsh.

To register, call The Marsh at 952-935-2202.

STRESS

Finding the Balance: A Whole Family Approach to Managing Stress

Tuesday, June 22, 6-8 p.m.

Tim Culbert, MD; Lori Knutson, RN, BSN, HNC and other instructors

NUTRITION

Food is Medicine: A Whole Family Approach to Healthy Eating

Tuesday, June 29, 6-8 p.m.

Kim Plessel, MD, RD, LD; Amy Johnson, Grass, ND; Carolyn Denton, MA, LN; The Marsh chefs and other instructors

EXERCISE AND FITNESS

Get Moving: A Whole Family Approach to Physical Activity

Tuesday, July 13, 6-8 p.m.

Joel French, PhD; Chris Coffey, MS; Sue Masemer, MS; Liz Anema and other instructors

SLEEP

Bedtime Stories: A Whole Family Approach to Peaceful Sleep

Tuesday, July 20, 6-8 p.m.

Gary Carlson, MD; Gerald Rosen, MD and other instructors

MOOD

Don't Worry, Be Happy: A Whole Family Approach to Balancing Emotions

Tuesday, Aug. 10, 6-8 p.m.

Henry Emmons, MD; Tim Culbert, MD; Lori Knutson, RN, BSN, HNC; and other instructors



Penny George Institute for Health and Healing



The mind-body connection continued



Gary Carlson, MD

“When you work with and care for a patient, there isn't a separation between mind, body and spirit,” said Carlson. “We try to look at the whole picture with a goal of decreasing any dysfunction and optimizing function.”

Carlson describes eight different areas of focus to assess a person's individual overall health status: body therapies, exercise, mind therapies, nutrition and supplements, sleep, social, spiritual and traditional medicine. Any excesses, deficiencies or imbalances in one or more areas could lead to a health problem today or in the future.

“Much of medicine is looking for a disease to diagnose,” added Carlson. “We work with each patient to optimize function and to develop a plan to take control of their own health.” Good nutrition, stress management and working with the body through fitness or exercise are the three cornerstones of that health plan, according to Carlson.

For example, Carlson explains that if a patient has a condition such as asthma or diabetes, the goal is to move upstream from that diagnosis and determine any core physiologic or biochemical imbalances in the body that may have led to the disease state. The imbalances may be related to too little exercise, poor nutrition, too much alcohol or lack of quality sleep. Imbalances in the body often manifest as a medical issue for the patient. Although traditional medicine covers these issues, they may not be emphasized through our current health care system. “We aim to give patients a skill and not just a pill,” said Carlson.

At the George Institute's Outpatient Clinic, health care practitioners help patients to optimize their health. “Our goal is to help people understand the mind-body connection and its direct impact on physiology,” said Lori Knutson, RN, BSN, HNC, executive director. “The body is a messenger and when the body is fatigued or we suffer from aches or pains, we need to pay attention to that. When we are present as to what's happening inside our bodies, we are able to proactively take better care of ourselves.”

Class Registration

OUR LOCATION

The Penny George Institute for Health and Healing is located on the southeast corner of East 28th Street and Chicago Avenue in Minneapolis. At this corner, our entrance is located in the parking ramp lobby. For parking, access the parking ramp at East 28th Street and Chicago Avenue, entering and exiting on the 28th Street entrance.

REGISTRATION

Pre-registration is required for all classes. To register, fill out the form and mail or fax with your payment to the George Institute. You may also register and pay by phone.

REFUND POLICY

Payment at the time of registration is required to reserve your spot in the class. If a class is canceled due to low enrollment, we will notify you and refund your payment. If you register and notify us one week before the start date that you cannot attend, we will refund your payment in full. No partial refunds or class substitutions are allowed.

EDUCATION CREDITS

Continuing Education Credits (CEU) are available for select classes. Refer to individual class listings for CEU options.



For detailed directions to your class or event, call 612-863-3333 or visit abbottnorthwestern.com.

Registration Form

To register, please fill out the form and mail, phone or fax to:

PENNY GEORGE INSTITUTE FOR HEALTH AND HEALING

Abbott Northwestern Hospital
800 East 28th Street
Mail Route 15115
Minneapolis, MN 55407
Phone: 612-863-3333 Fax: 612-863-9019

Name _____

Address _____

City, State, Zip _____

Phone _____

Amount Enclosed _____

Payment (circle one): Cash / Check / Visa / MC / Discover / AmEx

Credit Card # _____ Exp. Date _____

Cardholder Signature _____

Make check payable to the Penny George Institute for Health and Healing.



Penny George Institute
for Health and Healing

Beginning Gentle Yoga Starts July 7 (\$89)

Yoga for Work Starts July 12 (\$40)

Drum Circle Sept. 16 (\$10)

Healing Through the Arts Starts July 29 (\$60)

Taking Time: How do we make time in our busy lives? Aug. 3 (\$25)

Aromatherapy for Everyday Use July 15 (\$30)

Discover Your Body's Wisdom July 27 (\$35)

Healing Touch Level 1 Aug. 6 and 7 (\$300, \$275 for HTPA/AHNA Members, \$250 for Allina employees, \$200 for students, \$200 for repeat)

Understanding and Healing the Effects of Trauma Aug. 14 (\$79)

Personal Strategies for Maintaining Change Sept. 18 (\$125)



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Penny George Institute for Health and Healing

800 East 28th Street
Minneapolis, MN 55407

From the Penny George Institute for Health and Healing

The Penny George Institute for Health and Healing is supported by the financial generosity of the community. To make a donation to the George Institute, call the Abbott Northwestern Hospital Foundation at 612-863-4126.

Give the gift of healing

Did you know that the Penny George Institute for Health and Healing's programs and services are supported by the financial generosity of people like you? Philanthropic support is critical to the George Institute's clinical care, research and education. In 2010, more than one-quarter of the George Institute's budget will come from philanthropic dollars.

- **Care for hospitalized patients:** The George Institute offers healing therapies for hospitalized patients. Contributions fund these inpatient services, which are offered to patients in the hospital without additional fees.

Since 2003, more than 60,000 bedside consultations have been made by the George Institute's team of health care practitioners. The inpatient team brings pain relief, anxiety reduction and healing to patients throughout the entire hospital. More than 20 integrative health care professionals work directly with the patient and their

family members to provide care. Patients may receive a combination of one or more of these therapies: acupuncture, aromatherapy, energy healing, healing arts, integrative nursing consultation, mind-body therapies including relaxation response and guided imagery, music therapy, reflexology and therapeutic massage.

Charitable gifts also support the George Institute's innovative Transformative Nurse Training Program and the Pre-Hospital Program, for which patients meet with a mind-body coach before they are hospitalized to prepare a plan to address anxiety, pain and stress reduction.

- **Outpatient Clinic:** Philanthropic support enables the George Institute to bring in local and national speakers on various health and wellness topics. Donor support also makes possible the services of the George Institute's spiritual coach and provides seed money for critical research on integrative health.

- **Research:** Abbott Northwestern has the largest integrative medicine data set in the country, which enables the George Institute to conduct ground-breaking research. The Integrative Health Research Center focuses on patient-centered research in areas ranging from pain management to stress reduction to breast cancer survivorship.

- **The Art of Healing program:** Established in 2004, the program recognizes that arts are an important and therapeutic tool for patients and families. Hundreds of individuals experience the *Art of Healing* through Abbott Northwestern's healing environment and classes and events at the George Institute's Outpatient Clinic.

To make a donation, please use the remittance envelope in the center of this newsletter. To learn more or to schedule a tour, call Katy Gaynor of the Abbott Northwestern Hospital Foundation at 612-863-5610 or e-mail her at katy.gaynor@allina.com.