

Movement • Is • Medicine

Group Medical Visits with Dr. Anna Halbeisen

I have been offering virtual Group Medical Visits over the past few years and am delighted with the positive impact they've had for my patients. The sessions are designed so that I can share my expertise with multiple patients at once, with a focus on patients with mobility issues, such as Parkinson's, Multiple Sclerosis, or other neurological diseases.

About Group Medical Visits:

- Visits are held virtually to make it easier for patients with disabilities to attend.
- Participation can be done from home with little to no equipment needed.
- Typically 5 to 10 participants are seen together which provides an opportunity to build community within a healing environment.
- Group medical visits are complementary to the individual care patients receive with their healthcare team and are billed through insurance.
- The aim of these visits is to provide patients with education and exercises to help with chronic conditions that may cause gait instability, weakness, coordination issues. Additionally, there is focus on the mind-body connection and retraining the brain with neuroplasticity exercises.

Please contact me at 858- 587-1822 to see if you are eligible. Additional information can be found at www.drhalbeisen.com.



Dr. Anna Halbeisen is triple board-certified in Emergency Medicine, Sports Medicine, and Neuromusculoskeletal Medicine. She has worked as a personal trainer and fitness instructor for over 20 years.

