

urban wellness group medical clinic

Urban Wellness Group Medical Clinic: Your Partner in Holistic City Living

Feeling overwhelmed by the hustle and bustle of city life? Finding time for self-care in the concrete jungle feels impossible? You're not alone. Millions struggle to balance work, family, and personal well-being in urban environments. This comprehensive guide dives deep into the Urban Wellness Group Medical Clinic, exploring its services, philosophy, and how it can help you thrive amidst the city's vibrant energy. We'll cover everything from convenient access and diverse care options to the clinic's commitment to holistic wellness, answering all your questions and helping you decide if Urban Wellness Group is the right fit for your healthcare needs.

Understanding Urban Wellness Group's Unique Approach

Urban Wellness Group Medical Clinic isn't your typical doctor's office. We understand the unique challenges of urban living – the constant pressure, limited time, and potential for burnout. Our approach to healthcare is built on a foundation of holistic wellness, recognizing the interconnectedness of physical, mental, and emotional well-being. This means we don't just treat symptoms; we work with you to identify the root causes of your health concerns and develop personalized strategies for lasting wellness.

A Wide Range of Services Under One Roof

One of the biggest advantages of Urban Wellness Group is the breadth of services offered. We strive to be your one-stop shop for all your healthcare needs, eliminating the hassle of juggling multiple appointments and providers. Our services include, but are not limited to:

Primary Care: Routine checkups, preventative screenings, and management of chronic conditions. Our primary care physicians are dedicated to building long-term relationships with patients, providing personalized care tailored to individual needs.

Mental Health Services: Recognizing the importance of mental well-being in overall health, we offer therapy, counseling, and psychiatric services. We believe access to mental healthcare is crucial, and we're committed to removing barriers to care.

Women's Health: Comprehensive women's health services, from annual exams to prenatal care and menopause management, are provided by experienced and compassionate medical professionals.

Specialized Care: Depending on location and availability, Urban Wellness Group may offer specialized services such as nutrition counseling, physical therapy, and acupuncture. We are constantly expanding our services to meet the evolving needs of our community.

Convenient Access and Modern Facilities

We understand your time is valuable. That's why Urban Wellness Group Medical Clinic is strategically located in convenient urban areas, with easy access to public transportation. Our facilities are designed with comfort and convenience in mind, featuring modern amenities and a welcoming atmosphere that promotes relaxation and healing. We offer online appointment scheduling, telehealth options, and extended hours to accommodate busy schedules.

The Urban Wellness Group Philosophy: More Than Just Treatment

At the heart of Urban Wellness Group is a commitment to patient-centered care. We believe that healthcare should be collaborative, empowering patients to actively participate in their own well-being. We prioritize open communication, active listening, and a genuine partnership with our patients to achieve their health goals. We encourage preventative care and provide resources and education to help patients make informed decisions about their health.

The Urban Wellness Group Team: Experts in Urban Wellness

Our team is composed of highly skilled and experienced healthcare professionals who are passionate about providing exceptional patient care. From our physicians and nurses to our administrative staff, everyone at Urban Wellness Group is dedicated to creating a positive and supportive environment. We're committed to ongoing professional development and staying at the forefront of advancements in healthcare.

Community Engagement: Giving Back to the City

Urban Wellness Group is more than just a medical clinic; it's a community partner. We are actively involved in supporting local health initiatives and providing resources to underserved populations. We believe in giving back to the city that sustains us, fostering a healthier and more vibrant urban community.

Making the Choice for Urban Wellness

Choosing your healthcare provider is a significant decision. At Urban Wellness Group Medical Clinic, we strive to make that decision easy. We offer comprehensive services, convenient access, a patient-centered approach, and a team dedicated to your well-being. If you're seeking a healthcare partner that understands the unique challenges of urban living and is committed to your holistic wellness, we invite you to contact Urban Wellness Group today.

Conclusion:

Urban Wellness Group Medical Clinic offers a unique and comprehensive approach to healthcare, tailored to the needs of the urban dweller. By combining holistic wellness principles with convenient access and a dedicated team of healthcare professionals, we strive to empower individuals to thrive in the city. We invite you to explore our services and discover how Urban Wellness Group can help you achieve your health goals.

FAQs:

1. Does Urban Wellness Group accept my insurance? We work with a wide range of insurance providers. Please contact our office to verify your specific insurance coverage.
1. Do you offer telehealth appointments? Yes, we offer telehealth appointments for the convenience of our patients.
1. What are your hours of operation? Our hours vary by location. Please visit our website or call to find the hours for the clinic nearest you.
1. How do I schedule an appointment? Appointments can be scheduled online through our website or by calling our office.
1. What types of specialists are available at Urban Wellness Group? The availability of specialists varies by location. Check our website or contact the clinic directly for specific details on available specialists.

urban wellness group medical clinic: *Textbook of Natural Medicine* Joseph E. Pizzorno, Jr.

ND, Michael T. Murray, ND, 2012-09-14 Covering preventive, non-invasive, and natural treatments, *Textbook of Natural Medicine*, 4th Edition offers more than just alternative medicine. It promotes an integrated practice that can utilize natural medicine, traditional Western medicine, or a combination of both in a comprehensive, scientific treatment plan. Based on a combination of philosophy and clinical studies, *Textbook of Natural Medicine* helps you provide health care that identifies and controls the underlying causes of disease, is supportive of the body's own healing processes, and is considerate of each patient's unique biochemistry. Internationally known authors Joseph Pizzorno and Michael Murray include detailed pharmacologic information on herbs and supplements, plus evidence-based coverage of diseases and conditions to help you make accurate diagnoses and provide effective therapy. Comprehensive, unique coverage makes this book the gold standard in natural medicine. A scientific presentation includes the science behind concepts and treatments, and discusses Western medical treatments and how they can work with natural medicine in a comprehensive treatment plan; if natural medicine is not effective, this book recommends the Western treatment. Coverage of pharmacology of natural medicines includes the uses and potential dangers of nearly 80 herbal medicines, special nutrients, and other natural agents, addressing topics such as general information, chemical composition, history, pharmacology, clinical applications dosage, and toxicology. In-depth, evidence-based coverage of 73 diseases and conditions includes key diagnostic criteria, pathophysiology of diseases, and therapeutic rationales. Coverage of potential interactions between drugs, herbs, and supplements ensures the safest possible use for each of 79 herbs and supplements. Diagnostic procedures include practical, easy-to-follow descriptions of evidence-based techniques plus discussions of clinical application of diet analysis, food allergy testing, immune function assessment, fatty acid profiling, hair mineral analysis, and other diagnostic approaches. Common therapeutic modalities are described and reviewed, including botanical medicine, nutritional therapy, therapeutic fasting, exercise therapy, hydrotherapy, counseling, acupuncture, homeopathy, and soft tissue manipulation. Coverage of syndromes and therapies helps in understanding the underlying causes of diseases by discussing topics such as food reactions, functional toxicology, sports nutrition, stress management, and breathing pattern disorders. Coverage of the philosophy of natural medicine includes its history and background, with discussions of toxicity, detoxification, and scientific documentation of the healing actions of nature and natural substances. Internationally known authors Joseph Pizzorno and Michael Murray and more than 90 expert contributors provide material that is up to date, accurate, and informed. More than 10,000 research literature citations show that the content is based on science rather than opinions or anecdotes. 13 useful appendices offer quick lookup of frequently used charts, handouts, and information. New chapters are included on hot topics such as female infertility, medicinal mushrooms, natural products and quality control, pregnancy health and primary prevention, and Vitamin K; new appendices include a supplier certification questionnaire and cervical escharotics treatment. Thorough updates ensure that you use only the most current research and provide the most effective treatment of patients. Tabs in Specific Health Problems section separate more than 70 alphabetized diseases/conditions. One convenient volume replaces the cumbersome two-volume set for easy, convenient reference. Electronic access is available via Pageburst, making it easy to search topics, drugs, herbs and supplements, and diseases and conditions. Sold separately.

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through an analysis of papers written by leading scholars in the field.

urban wellness group medical clinic: Textbook of Natural Medicine - E-Book Joseph E. Pizzorno, Michael T. Murray, 2012-09-06 Covering preventive, non-invasive, and natural treatments, Textbook of Natural Medicine, 4th Edition offers more than just alternative medicine. It promotes an integrated practice that can utilize natural medicine, traditional Western medicine, or a combination of both in a comprehensive, scientific treatment plan. Based on a combination of philosophy and clinical studies, Textbook of Natural Medicine helps you provide health care that identifies and controls the underlying causes of disease, is supportive of the body's own healing processes, and is considerate of each patient's unique biochemistry. Internationally known authors Joseph Pizzorno and Michael Murray include detailed pharmacologic information on herbs and supplements, plus evidence-based coverage of diseases and conditions to help you make accurate diagnoses and provide effective therapy. - Comprehensive, unique coverage makes this book the gold standard in natural medicine. - A scientific presentation includes the science behind concepts and treatments, and discusses Western medical treatments and how they can work with natural medicine in a comprehensive treatment plan; if natural medicine is not effective, this book recommends the Western treatment. - Coverage of pharmacology of natural medicines includes the uses and potential dangers of nearly 80 herbal medicines, special nutrients, and other natural agents, addressing topics such as general information, chemical composition, history, pharmacology, clinical applications dosage, and toxicology. - In-depth, evidence-based coverage of 73 diseases and conditions includes key diagnostic criteria, pathophysiology of diseases, and therapeutic rationales. - Coverage of potential interactions between drugs, herbs, and supplements ensures the safest possible use for each of 79 herbs and supplements. - Diagnostic procedures include practical, easy-to-follow descriptions of evidence-based techniques plus discussions of clinical application of diet analysis, food allergy testing, immune function assessment, fatty acid profiling, hair mineral analysis, and other diagnostic approaches. - Common therapeutic modalities are described and reviewed, including botanical medicine, nutritional therapy, therapeutic fasting, exercise therapy, hydrotherapy, counseling, acupuncture, homeopathy, and soft tissue manipulation. - Coverage of syndromes and therapies helps in understanding the underlying causes of diseases by discussing topics such as food reactions, functional toxicology, sports nutrition, stress management, and breathing pattern disorders. - Coverage of the philosophy of natural medicine includes its history and background, with discussions of toxicity, detoxification, and scientific documentation of the healing actions of nature and natural substances. - Internationally known authors Joseph Pizzorno and Michael Murray and more than 90 expert contributors provide material that is up to date, accurate, and informed. - More than 10,000 research literature citations show that the content is based on science rather than opinions or anecdotes. - 13 useful appendices offer quick lookup of frequently used charts, handouts, and information.

urban wellness group medical clinic: Health-Care Utilization as a Proxy in Disability Determination National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Care Services, Committee on Health Care Utilization and Adults with Disabilities, 2018-04-02 The Social Security Administration (SSA) administers two programs that provide benefits based on disability: the Social Security Disability Insurance (SSDI) program and the Supplemental Security Income (SSI) program. This report analyzes health care utilizations as they relate to impairment severity and SSA's definition of disability. Health Care Utilization as a Proxy in Disability Determination identifies types of utilizations that might be good proxies for listing-level severity; that is, what represents an impairment, or combination of impairments, that are severe enough to prevent a person from doing any gainful activity, regardless of age, education, or work experience.

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Health Practice, Committee on Community-Based Solutions to Promote Health Equity in the United States, 2017-04-27 In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. *Communities in Action: Pathways to Health Equity* seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

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terrorist attacks put the spotlight on the nation's public health agencies, placing it under an unprecedented scrutiny that added new dimensions to the complex issues considered in this report. The Future of the Public's Health in the 21st Century reaffirms the vision of Healthy People 2010, and outlines a systems approach to assuring the nation's health in practice, research, and policy. This approach focuses on joining the unique resources and perspectives of diverse sectors and entities and challenges these groups to work in a concerted, strategic way to promote and protect the public's health. Focusing on diverse partnerships as the framework for public health, the book discusses: The need for a shift from an individual to a population-based approach in practice, research, policy, and community engagement. The status of the governmental public health infrastructure and what needs to be improved, including its interface with the health care delivery system. The roles nongovernment actors, such as academia, business, local communities and the media can play in creating a healthy nation. Providing an accessible analysis, this book will be important to public health policy-makers and practitioners, business and community leaders, health advocates, educators and journalists.

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urban wellness group medical clinic: Multicultural Approaches to Health and Wellness in America Regan A. R. Gurung, 2014-04-21 Led by a UCLA-trained health psychologist, a team of experts describes non-traditional treatments that are quickly becoming more common in Western society, documenting cultural variations in health and sickness practices to underscore the diversity among human society. This unique two-volume set describes the variety of cultural approaches to health practiced by people of varying cultural heritages and places them in stark context with traditional Western approaches to health care and medicine. Examining health practices such as Ayurveda, an ancient system of medicine that focuses on the body, the sense organs, the mind, and the soul; and traditional Chinese medicine (TCM), the author examines why these different approaches can explain some of the cultural variations in health behaviors, differences in why people get sick, and how they cope with illness. Traditional health care providers of all kinds—including clinicians, counselors, doctors, nurses, and social workers—will all greatly benefit by learning about vastly different approaches to health, while general readers and scholars alike will gain insight into the rich diversity of world culture and find the material fascinating.

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Health Professional Education held a 1.5 day workshop. This publication summarizes the presentations and discussions from the workshop.

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urban wellness group medical clinic: Retooling for an Aging America Institute of Medicine, Board on Health Care Services, Committee on the Future Health Care Workforce for Older Americans, 2008-08-27 As the first of the nation's 78 million baby boomers begin reaching age 65 in 2011, they will face a health care workforce that is too small and woefully unprepared to meet their specific health needs. Retooling for an Aging America calls for bold initiatives starting immediately to train all health care providers in the basics of geriatric care and to prepare family members and other informal caregivers, who currently receive little or no training in how to tend to their aging loved ones. The book also recommends that Medicare, Medicaid, and other health plans pay higher rates to boost recruitment and retention of geriatric specialists and care aides. Educators and health professional groups can use Retooling for an Aging America to institute or increase formal education and training in geriatrics. Consumer groups can use the book to advocate for improving the care for older adults. Health care professional and occupational groups can use it to improve the quality of health care jobs.

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urban wellness group medical clinic: Adolescent Health Services Institute of Medicine, National Research Council, Board on Children, Youth, and Families, Committee on Adolescent Health Care Services and Models of Care for Treatment, Prevention, and Healthy Development, 2008-12-03 Adolescence is a time of major transition, however, health care services in the United States today are not designed to help young people develop healthy routines, behaviors, and relationships that they can carry into their adult lives. While most adolescents at this stage of life are thriving, many of them have difficulty gaining access to necessary services; other engage in risky behaviors that can jeopardize their health during these formative years and also contribute to poor health outcomes in adulthood. Missed opportunities for disease prevention and health promotion are two major problematic features of our nation's health services system for adolescents. Recognizing that health care providers play an important role in fostering healthy behaviors among adolescents, Adolescent Health Services examines the health status of adolescents and reviews the separate and uncoordinated programs and services delivered in multiple public and private health care settings. The book provides guidance to administrators in public and private health care agencies, health care workers, guidance counselors, parents, school administrators, and policy makers on investing in, strengthening, and improving an integrated health system for adolescents.

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urban wellness group medical clinic: *Promoting Human Wellness* Margaret Schneider Jamner, Daniel Stokols, 2000 This very important work calls for research and policy-making that is proactive, multi-level, multi-method, and interdisciplinary--not disease-driven. It synthesizes perspectives on wellness that have the potential to produce a paradigm shift in research and policy planning, implementation, and evaluation. — Lené Levy-Storms, University of California, Los Angeles, Department of Medicine/Geriatrics [This book] helps broaden the field of inquiry and legitimates the social and political perspectives in health care research and planning. —Ellen R. Shaffer, University of California, San Francisco, Program in Medical Ethics

urban wellness group medical clinic: **Handbook of Global Urban Health** Igor Vojnovic, Amber Pearson, Gershim Asiki, Geoff DeVerteuil, Adriana Allen, 2019-05-09 Through interdisciplinary and multidisciplinary perspectives, and with an emphasis on exploring patterns as well as distinct and unique conditions across the globe, this collection examines advanced and cutting-edge theoretical and methodological approaches to the study of the health of urban populations. Despite the growing interest in global urban health, there are limited resources available that provide an extensive and advanced exploration into the health of urban populations in a transnational context. This volume offers a high-quality and comprehensive examination of global urban health issues by leading urban health scholars from around the world. The book brings together a multi-disciplinary perspective on urban health, with chapter contributions emphasizing disciplines in the social sciences, construction sciences and medical sciences. The co-editors of the collection come from a number of different disciplinary backgrounds that have been at the forefront of urban health research, including public health, epidemiology, geography, city planning and urban design. The book is intended to be a reference in global urban health for research libraries and faculty collections. It will also be appropriate as a text for university class adoption in upper-division under-graduate courses and above. The proposed volume is extensive and offers enough breadth and depth to enable it to be used for courses emphasizing a U.S., or wider Western perspective, as well as courses on urban health emphasizing a global context.

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States United States. Congress. House, 2010 Some vols. include supplemental journals of such proceedings of the sessions, as, during the time they were depending, were ordered to be kept secret, and respecting which the injunction of secrecy was afterwards taken off by the order of the House.

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urban wellness group medical clinic: Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1986 , 1994

urban wellness group medical clinic: The Urban Monk Pedram Shojai, 2017-10-24 In this New York Times bestseller, you will discover how the calmness of Zen masters can help you stop time, refuel, and focus on the things that really matter. Our world is an overwhelming place. Each day's commitments to career and family take everything we've got, and we struggle to focus on our health, relationships, and purpose in life. Technology brings endless information to our fingertips, but the one thing we really want—a sense of satisfaction and contentment—remains out of reach. Pedram Shojai is here to change all of that. With practice, you can stop time, refuel, and focus on the things that really matter, even among the chaos that constantly surrounds us. His no-nonsense life mastery program brings together clear tools to elevate your existence. He guides you in learning to honor the body and mind, discharge stuck energy, and shake free from toxicity and excess stress. The world needs you to step up and live your life to the fullest. Pedram Shojai is the Urban Monk who can show you how to drink from infinity, find peace and prosperity, and thrive.

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urban wellness group medical clinic: Mobilizing the Community for Better Health Allan J. Formicola, Lourdes Hernández-Cordero, 2011 From 1999 to 2009, The Northern Manhattan Community Voices Collaborative put Columbia University and its Medical Center in touch with surrounding community organizations and churches to facilitate access to primary care, nutritional improvement, and smoking cessation, and to broker innovative ways to access healthcare and other social services. This unlikely partnership and the relationships it forged reaffirms the wisdom of joining town and gown to improve a community's well-being. Staff members of participating organizations have coauthored this volume, which shares the successes, failures, and obstacles of implementing a vast community health program. A representative of Alianza Dominicana, for example, one of the country's largest groups settling new immigrants, speaks to the value of community-based organizations in ridding a neighborhood of crime, facilitating access to health insurance, and navigating the healthcare system. The editors outline the beginnings and infrastructure of the collaboration and the relationship between leaders that fueled positive outcomes. Their portrait demonstrates how grassroots solutions can create productive dialogues that help resolve difficult issues.

urban wellness group medical clinic: *Telemedicine* Institute of Medicine, Committee on Evaluating Clinical Applications of Telemedicine, 1996-10-08 Telemedicine—the use of information and telecommunications technologies to provide and support health care when distance separates the participants—is receiving increasing attention not only in remote areas where health care access is troublesome but also in urban and suburban locations. Yet the benefits and costs of this blend of medicine and digital technologies must be better demonstrated before today's cautious decision-makers invest significant funds in its development. Telemedicine presents a framework for evaluating patient care applications of telemedicine. The book identifies managerial, technical, policy, legal, and human factors that must be taken into account in evaluating a telemedicine program. The committee reviews previous efforts to establish evaluation frameworks and reports on results from several completed studies of image transmission, consulting from remote locations, and other telemedicine programs. The committee also examines basic elements of an evaluation and considers relevant issues of quality, accessibility, and cost of health care. Telemedicine will be of immediate interest to anyone with interest in the clinical application of telemedicine.

urban wellness group medical clinic: *Developing Affordable and Accessible Community-Based Housing for Vulnerable Adults* National Academies of Sciences, Engineering, and Medicine, Division of Behavioral and Social Sciences and Education, Health and Medicine Division, Board on Population Health and Public Health Practice, Board on Health Sciences Policy, Roundtable on the Promotion of Health Equity and the Elimination of Health Disparities, Forum on Aging, Disability, and Independence, 2017-08-08 Accessible and affordable housing can enable community living, maximize independence, and promote health for vulnerable populations. However, the United States faces a shortage of affordable and accessible housing for low-income older adults and individuals living with disabilities. This shortage is expected to grow over the coming years given the population shifts leading to greater numbers of older adults and of individuals living with disabilities. Housing is a social determinant of health and has direct effects on health outcomes, but this relationship has not been thoroughly investigated. In December 2016, the National Academies of Sciences, Engineering, and Medicine convened a public workshop to better understand the importance of affordable and accessible housing for older adults and people with disabilities, the barriers to providing this housing, the design principles for making housing accessible for these individuals, and the features of programs and policies that successfully provide affordable and accessible housing that supports community living for older adults and people with disabilities. This publication summarizes the presentations and discussions from the workshop.

urban wellness group medical clinic: *NAMZARIC Drug Profile, 2023* DrugPatentWatch, 2023-08-15 <h2>NAMZARIC Drug Profile, 2023</h2> <p>This report focuses on NAMZARIC and covers the following critical aspects of this drug:</p> United States patents Expired United States patents FDA Paragraph IV patent challenges District Court patent litigation Patent Trial and Appeal Board (PTAB) patent cases European supplementary protection certificates (SPCs) Clinical trials Drug prices Finished product suppliers Raw active pharmaceutical ingredient (API) sources

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