

VALLEY MEDICAL GROUP SHARED MEDICAL APPOINTMENTS

As of April 2024

SMA AND SHARED MEDICAL APPOINTMENTS					
SMA/Shared Appointment	Provider Contact	Schedule	When	Hours per Appointment	Other Info
Healthy Living	Lisa Appleton	Q week x 10 appointments	Wednesday, 4pm	1.5	
Persistent Pain	Laura Duffy, Scott Meyers, Robin McKeon	Q week x 10 weeks	Thursdays, 1:30pm`	1.5	
Persistent Pain: Spanish	Audra Winn, Lisa Rivera	Q 2 weeks x 10 days	Thursdays, 1:30pm	1.5	
Osteoporosis, new diagnosis	Stuart Chipkin, Lindsey Towne	Quarterly	Tuesday, 3pm, quarterly 2 appts: initial w/ 1 F/U	1.5	
Anxiety	Scott Meyers, Emily Graef	Q week, x 2 sessions	Monday, 3:30pm	1.5	
DM Education Classes	Marjorie Sobil, Sarah Anderson	Q 2weeks x 4 sessions	Thursday, 10am - 2pm	2	3 x per year
Diabetes support Group	Marjorie Sobil	Q month	Wednesday, 6pm-7pm	1	
Pre Diabetes	Rachel Wasserman, Marjorie Sobil	Q week x 6 weeks	Monday, Time TBD		Next session start in September 2024

Smoking Cessation	Tim Sweeney	Q week	1x/week Wednesday, 3:30pm-5pm	1.5	Orientation weekly first 1/2 hour for all new patients
Positive Psychology for Depression	Bridgette Sacco-Lauren	Q week	Wednesday, 1pm	1	Virtual
Empowering Support for Chronic Health Conditions	Audra Winn, Lisa Rivera	Q week	Tuesday, 1:30pm	1	
CBT-I Cognitive behavioral therapy for Insomnia	Alexandra (Sasha) Reed	Q week X 5 weeks		1	
CBT-I Cognitive behavioral therapy for Insomnia	Rebecca Craven	Q week X 5 weeks		1	
Alcohol and Other Substance Use	John Novo	Q week	Wednesdays 4-5 pm	1	
Depression Support Group	Bridgette Sacco-Lauren	Q week	4pm Fridays, AMC	1	