

Consult Rooms

Our small group rooms offer an intimate space for small groups, wellness coaching and mindfulness practices and various other modalities of care.

True wellness is a complete state of social, mental, and physical well-being and not the merely absence of disease. La Clinica partners with patients to help them live their healthiest, happiest lives possible — enhancing strengths, acknowledging barriers, and offering services that support overall well-being

Our small group room and small consult rooms offer a differing environment for patient and care team to step out of the traditional exam room.

Currently we offer flip visits with care team and patient or family, a meeting with family or patients extended care team, nutrition visits, mindfulness small groups and small team meetings