



MIND, BODY & SPIRIT WELLBEING



At *Inspired Health Group* we are committed to a patient-oriented approach that increases a patient's awareness and involvement in their own health & wellbeing. It is our passion and commitment to educate and expand our patients knowledge of health and wellness.



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JULY UPDATE

We are now accepting new patients.

About Us

Inspired Health Group is a true family practice with patients ranging from newborns to geriatrics. With a practice grounded in the philosophy of the *American Academy of Family Physicians*, Drs Jen & Rob Erickson believe wellness and ultimate wholeness occurs when the body, mind, and spirit are in harmony with one another.

Our Services

Inspired Health Group is a Primary Care Provider covering all aspects of family care. We are devoted to providing exceptional care and offer a variety of clinical care services for our patients, including annual wellness exams, nutritional coaching, virtual pharmacy consults, lifestyle intervention programs, and more.



Find our Nutrition Blog at ihgwny.com/blog/nutrition

From our team of Registered Dietitian Nutritionists



Find our Medical Blog at ihgwny.com/blog/medical-blog

From our team of Board Certified Practitioners



Find our Spirituality Blog at ihgwny.com/blog/spirituality

From Pastoral Care Minister, Rev Kathryn Bindig, MDiv. MS