







THE UNIVERSITY OF ARIZONA

Andrew Weil Center for Integrative Medicine

Integrative Health and Lifestyle program (IHeLp)

IHeLp is a 7-month online education with weekly expectations for completing asynchronous coursework, self-care assignments, and scheduled virtual live faculty-led sessions. See below for specific unit details and dates for the upcoming class.







UNITS		2024 IHeLp Curriculum Overview	
Orientation Nov 30 to Jan 07	Coursework	<ul style="list-style-type: none"> Program Orientation Intro to Integrative Health & Medicine 	<ul style="list-style-type: none"> Self-Care: An Overview
UNIT 1 Jan 08 to Feb 11	Coursework	<ul style="list-style-type: none"> Intro to Mind-Body Medicine Stress, Resilience, and Health Mindfulness and Meditation 	<ul style="list-style-type: none"> Sleep & Dream Health Physical Activity in Health Spirituality & Health Care
			 Self-Care <ul style="list-style-type: none"> Stress & Resilience Sleep Health Movement Spirituality
	 Live Virtual Events	<ul style="list-style-type: none"> Class Welcome Zoom 1/12/2024 Friday 9:30am-12pm MST(AZ)** Self-Care Team Zoom (TBD) IH Healing Talks with Faculty 2/8/2024 · Thursday 12pm-1pm MST (AZ) ** <p><i>**Post questions in online course dialogues</i></p>	
UNIT 2 Feb 12 to Mar 24	Coursework	<ul style="list-style-type: none"> Anti-Inflammatory Diet* Environmental Health* Intro to Nutrition 	<ul style="list-style-type: none"> Micronutrients & Supplements Minerals Vitamins Common Dietary Supplements
			 Self-Care <ul style="list-style-type: none"> Healthy Environments Healthy Eating
	 Live Virtual Events	<ul style="list-style-type: none"> IH Healing Talks with Faculty 2/29/2024 · Thursday 12pm-1pm MST (AZ)** IH Healing Talks with Faculty 3/21/2024 · Thursday 12pm-1pm MDT (AZ)** Self-Care Team Zoom (TBD) <p><i>**Post questions in online course dialogues</i></p>	



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<p>UNIT 3</p> <p>Mar 25 to May 10</p>	<p>Coursework</p> <ul style="list-style-type: none"> Herbal Medicine: An Intro Aromatherapy & Health <i>Art of Blending Essential Oils (Select One Adv. course)</i> <i>Herbal Medicine: Advanced (Select One Adv. course)</i> Healing Relationships Phytonutrients Intro to Motivational Interviewing Energy Medicine Foundations Integrative Health Informatics Manual Medicine: Overview Whole Systems: An Intro Mind-Body Modalities <hr/> <p> Live Virtual Events</p> <ul style="list-style-type: none"> IH Healing Talks with Faculty 4/11/2024 · Thursday 12pm-1pm MDT (AZ)** IH Healing Talks with Faculty 4/25/2024 · Thursday 12pm-1pm MDT (AZ)** Retreat Prep/Q&A Zoom 5/09/2024 · Thursday 12pm-1pm MDT (AZ) Self-Care Team Zoom (TBD) <p><i>**Post questions in online course dialogues</i></p>	<p> Self-Care</p> <ul style="list-style-type: none"> Healing Relationships
<p> TUCSON May 14-17</p>	<p>Educational Retreat - May 14-17, 2024 in Tucson, Arizona</p> <ul style="list-style-type: none"> - Connect with classmates and faculty face-to-face - Experience hands-on lectures - Explore self-care topics that you can apply to personal and professional practice 	
<p>UNIT 4</p> <p>May 20 to Jun 30</p>	<p>Coursework</p> <ul style="list-style-type: none"> Nutrition & Cardiovascular Health* Integrative Smoking Cessation Introduction to Integrative Mental Health* Self-care Wrap-up Program Evaluation Grad Project <hr/> <p> Live Virtual Events</p> <ul style="list-style-type: none"> IH Healing Talks with Faculty 6/6/2024 · Thursday 12pm-1pm MDT (AZ)** IH Healing Talks with Faculty 6/27/2024 · Thursday 12pm-1pm MDT (AZ)** Self-Care Team Zoom (TBD) <i>**Post questions in online course dialogues</i> 	<p> Self-Care</p> <ul style="list-style-type: none"> Self-Care Wrap-up
<p>FINAL</p> <p>Jul 01 to Jul 22</p>	<p>Coursework</p> <ul style="list-style-type: none"> Final Exam <hr/> <p> Live Virtual Events</p> <ul style="list-style-type: none"> Graduation Zoom 7/22/2024 · 9:30am-12:30pm MDT (AZ) Self-Care Team Zoom (TBD) 	

* Indicates Continuing Education Credit coursework (CME and CNE). CNE hours count towards AHNCC Holistic Nursing Board Exam eligibility. All IHeLp graduates become AWCIM alum and are eligible to apply for AWCIM's IHW Coaching Certification program.