## 2018 SPRING

### Orientation
- **June 5–August 20, 2017**
  - Getting Started • Intro to Coursework

### 1
- **August 21–October 1, 2017**
  - Introduction to Integrative Health • Self-care: An Overview • Spirituality & Health • Stress & Mind-body • Mindfulness in Healthcare • Sleep & Dream Health • Anti-Inflammatory Diet • Physical Activity • Healing Relationships
  - Self-care Report #1 - Spirituality
  - Self-care Report #2 - Stress Resiliency
  - Self-care Report #3 - Sleep

### 2
- **October 2–November 12, 2017**
  - Motivational Interviewing • Nutrition: Macronutrients • Nutrition: Diet & Meal Patterns • Nutrition: Phytonutrients • Self-Care: Healthy Eating • Environmental Health • Self-Care: Healthy Environments • Mind-Body Modalities • Aromatherapy & Health
  - Self-care Report #4 - Physical Activity
  - Self-care Report #5 - Relationships
  - Self-care Report #6 - Nutrition

### 3
- **November 13, 2017–January 7, 2018**
  - Micronutrients & Supplements • Vitamins • Minerals • Common Dietary Supplements • Self-Care: Self-select • Botanicals • Whole Systems • Manual Medicine • Energy Medicine: Foundations • Energy Medicine: Deeper Studies
  - Self-care Report #7 - Healthy Environment
  - Self-care Report #8 - Self-select from self-care goals
  - Self-care Report #9 - Self-select from self-care goals

**HOLIDAY Breaks:**
- Thanksgiving November 23 - 26, 2017
- Winter Break December 23, 2017 - January 2, 2018

**RETREAT IN TUCSON** - January 7 - 10, 2018

### 4
- **January 15–February 25, 2018**
  - Integrative Health Informatics • Self-Care: Self-select • Intro to Integrative Mental Health • Self-Care: Wrap-up • Nutrition & Cardiovascular Health • Program Evaluation
  - Self-care Report #10 - Self-select from self-care goals
  - Self-care Report #11 - Final Self-care Assessment & Goals

**GRADUATION PROJECT DUE - February 20, 2018**

### Final Exam
- **February 26 - March 11, 2018**
  - Final Exam