# IHelp Overview

## Orientation
- November 6, 2017–January 7, 2018
- Getting Started • Intro to Coursework

## Unit 1
- January 8–February 18, 2018
- 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

## Unit 2
- February 19–April 1, 2018
- 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

## Unit 3
- April 2–May 13, 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

**RETREAT IN TUCSON - May 17 - 20, 2018**

## Unit 4
- May 21–July 1, 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 - June 11, 2018**

## Final Exam
- July 2 - July 15, 2018
- Final Exam