

# IHeLp Overview

2018 SUMMER

<b>ORIENTATION</b>	<i>November 6, 2017–January 7, 2018</i> Getting Started • Intro to Coursework
<b>unit 1</b>	<i>January 8–February 18, 2018</i> 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 <i>Self-care Report #1 - Spirituality</i> <i>Self-care Report #2 - Stress Resiliency</i> <i>Self-care Report #3 - Sleep</i>
<b>unit 2</b>	<i>February 19–April 1, 2018</i> 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 <i>Self-care Report #4 - Physical Activity</i> <i>Self-care Report #5 - Relationships</i> <i>Self-care Report #6 - Nutrition</i>
<b>unit 3</b>	<i>April 2–May 13, 2018</i> Micronutrients & Supplements • Vitamins & Minerals • Common Dietary Supplements • Self-Care: Self-select • Botanicals • Whole Systems • Manual Medicine • Energy Medicine: Foundations • Energy Medicine: Deeper Studies <i>Self-care Report #7 - Healthy Environment</i> <i>Self-care Report #8 - Self-select from self-care goals</i> <i>Self-care Report #9 - Self-select from self-care goals</i> <b>RETREAT IN TUCSON - May 17 - 20, 2018</b>
<b>unit 4</b>	<i>May 21–July 1, 2018</i> Integrative Health Informatics • Self-Care: Self-select • Intro to Integrative Mental Health • Self-Care: Wrap-up • Nutrition & Cardiovascular Health • Program Evaluation <i>Self-care Report #10 - Self-select from self-care goals</i> <i>Self-care Report #11 - Final Self-care Assessment &amp; Goals</i> <b>GRADUATION PROJECT DUE - June 11, 2018</b>
<b>FINAL EXAM</b>	<i>July 2 - July 15, 2018</i> Final Exam



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