## ORIENTATION

### November 4, 2019–January 12, 2020
- Getting Started • Intro to Coursework

## unit 1

### January 13–February 23, 2020
- 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 24–April 5, 2020
- Motivational Interviewing • Introduction to Nutrition • 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 6–May 20, 2020
- 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, 2020**

## unit 4

### May 25–July 12, 2020
- 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 23, 2020**

## FINAL EXAM

### July 13 - July 26, 2020
- Final Exam