# IHeLp Overview

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

**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

**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

**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 13 - 16, 2020**

**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**

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