# IHeLp Overview

## Orientation
- November 16, 2020–January 10, 2021
  - Getting Started • Intro to Coursework

## Unit 1
- January 11–February 21, 2021
  - 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 22–April 4, 2021
  - 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 5–May 23, 2021
  - 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 VIA ZOOM - May 23 - 26, 2021

## Unit 4
- May 31–July 11, 2021
  - 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, 2021

## Final Exam
- July 12 - 25, 2021
  - Final Exam

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Andrew Weil Center for Integrative Medicine

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