

IHeLp Overview

2021

ORIENTATION	<i>November 16, 2020–January 10, 2021</i> Getting Started • Intro to Coursework
unit 1	<i>January 11–February 21 2021</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>
unit 2	<i>February 22–April 4, 2021</i> Motivational Interviewing • Introduction to Nutrition • 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>
unit 3	<i>April 5–May 23, 2021</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> RETREAT VIA ZOOM - May 23 - 26, 2021
unit 4	<i>May 31–July 11, 2021</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 & Goals</i> GRADUATION PROJECT DUE - June 23, 2021
FINAL EXAM	<i>July 12 - 25, 2021</i> Final Exam



THE UNIVERSITY OF ARIZONA

Andrew Weil Center
for Integrative Medicine