The University of Arizona Center for Integrative Medicine is leading the transformation of health care by training a new generation of health professionals and by empowering individuals and communities to optimize health and wellbeing through evidence-based, sustainable, integrative approaches.

Resource List

LOCAL
University of Arizona Center for Integrative Medicine — www.AzCIM.org
University of Arizona Center for Compassion Studies — www.compassioncenter.arizona.edu
Community Food Bank of Southern Arizona — www.communityfoodbank.org
Copper Creek Elementary · Milers Club — www.amphi.com/Page/9208
Painted Sky Elementary · Milers Club — www.amphi.com/domain/1676
Manzo Elementary School · Garden — www.gomanzo.com/about
Interfaith Community Services — www.interfaithservices.org
National Park Rx Day · Tucson — www.parkrx.org/sites/default/files/Rx%20day%20of%20flier.pdf
Ben's Bells — www.bensbells.org
YMCA's Diabetes Prevention Program — www.ymca.net/diabetes-prevention

NATIONAL
The Environmental Working Group · Consumer Guides — www.ewg.org/consumer-guides
Compassionate Schools Project — www.compassionschools.org
Mindfulness in Schools Project — www.mindfulnessinschools.org
Healthy Babies Bright Futures — www.hbbf.org
100 Million Healthier Lives — www.100mlives.org
Edible Schoolyard Project — www.edibleschoolyard.org
Gratefulness.org — www.gratefulness.org
Wholesome Wave — www.wholesomewave.org
GirlTrek — www.girltrek.org
Park Rx — www.parkrx.org
Charter for Compassion — www.charterforcompassion.org/index.php/communities

“If you want to get there fast—go alone. If you want to go far, go together.” —African Proverb