The University of Arizona Center for Integrative Medicine offers engaging online courses on some of the most current and relevant topics in integrative healthcare. The courses allow you to learn at your own pace, when and where it’s most convenient for you. Designed by leaders in the field for health care professionals, they are also open and beneficial to the informed public.

### Non-continuing Education Courses

#### An Introduction to Contemplative Care
Learn to be fully present with yourself and those in your care and gain guidance on ways to maintain your own wellbeing—even in the emotionally demanding work of hospice and end-of-life care. Contemplative care is rooted in Buddhist meditation and contemplation and incorporates mindfulness practice, compassionate action, and moment-to-moment awareness for health care professionals.

3 hours: $66.69 / $66.69 / $34.05

#### Whole Systems of Medicine: Ayurveda
Delve into the ancient medicine of Ayurveda, one of the oldest medical systems in the world, originating at least five thousand years ago in what is now India. The course explores doshas, agni, dhatu, srotamsi, Ayurvedic pharmacology, diet and lifestyle, Ayurvedic botanicals, yoga and meditation.

18-20 hours: $400.14 / $400.14 / $204.30

### Continuing Education Courses

#### Nutrition & Cardiovascular Health
Advance your comprehension of the central role of nutrition as it pertains to cardiovascular health and disease. Topics include macro-and micronutrients, fad diets, supplements, phytonutrients, functional foods, patient motivation, and more.

6 hours: $188.82 / $133.38 / $68.10

#### Anti-inflammatory diet
Develop an understanding of the origins and principles of the anti-inflammatory diet. Learn to counsel patients on replacing inflammation-triggering foods with nutrient-rich ones that fight inflammation, reducing the risk of harm from diabetes, heart disease, digestive disorders and certain cancers, and improving mood and energy levels.

6 hours: $188.82 / $133.38 / $68.10

#### Introduction to Integrative Oncology
Understand the role of integrative care in oncology. From prevention to treatment to survivorship, get an overview of evidence-informed therapies including controlling weight, dietary supplements, stress reduction, chemo-CAM interaction, and the impact of nutrition.

3 hours: $94.41 / $66.69 / $34.05

For more information or to register visit: [www.azcim.org/courses](http://www.azcim.org/courses)

*Pricing is tiered by (1) physicians; (2) other health care providers and the public, and (3) students. Students must register for the online courses with a valid .edu email address.*
Introduction to Integrative Mental Health: Anxiety and Depression
Explore the role of stress and lifestyle on these common mood disorders. Discover effective ways to support mental and emotional wellbeing in the treatment of patients with anxiety and depression through integrative methods, including mind-body connections and supplements.
6 hours: $188.82 / $133.38 / $68.10

Breast Cancer: An Integrative Approach
Gain the tools to encourage resilience in breast cancer patients in all stages of prevention, treatment, and survivorship. Continuing research highlights the fact that elements such as effective stress management, exercise, sleep, and healthy diet improve both measurable outcomes and quality of life.
10 hours: $314.70 / $222.30 / $113.50

Environmental Health: An Integrative Approach
Examine the importance environmental factors like air pollutants, pesticides, heavy metals, toxins, and other environmental factors in patient health, and come to understand why certain populations, such as children, are particularly vulnerable. Gain the tools you need to give informed and insightful responses to patients’ questions about the ever-evolving field of environmental health.
6 hours: free for everyone.

Aromatherapy & Health: An Introduction
Gain a solid understanding of aromatherapy for health and learn to counsel patients in its use and practice with experiential exercises. Treatment with essential oils is increasingly making inroads into hospitals and health care settings because it is simple, effective and inexpensive, and often has notable results.
4 hours: $125.88 / $88.92 / $45.40

Aromatherapy II: The Art and Science of Blending
Build on the versatile and therapeutic practice of aromatherapy by exploring blending principles, including step-by-step instructions and applications of aromatherapy in real-world case studies. No CME/CE available.
4 hours: $88.92 / $88.92 / $45.40

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For more information or to register visit: www.azcim.org/courses