

# IHeLp Overview

2021

<b>ORIENTATION</b>	<i>November 16, 2020–January 17, 2021</i> Getting Started • Intro to Coursework
<b>unit 1</b>	<i>January 18–February 28, 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>
<b>unit 2</b>	<i>March 1–April 11, 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>
<b>unit 3</b>	<i>April 12–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> <b>RETREAT IN TUCSON - May 23 - 26, 2021</b>
<b>unit 4</b>	<i>May 31–July 18, 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 &amp; Goals</i> <b>GRADUATION PROJECT DUE - June 23, 2021</b>
<b>FINAL EXAM</b>	<i>July 19 - August 1, 2021</i> Final Exam



THE UNIVERSITY OF ARIZONA

Andrew Weil Center  
for Integrative Medicine