








Wellness & Lifestyle Series

A NEW WAY TO STUDY INTEGRATIVE WELLNESS

The Andrew Weil Center for Integrative Medicine at the University of Arizona, is announcing a new series of self-paced, online learning opportunities that will provide healthcare professionals and others with a flexible, and affordable way to gain integrative knowledge for supporting health and wellbeing. Our new *Wellness & Lifestyle Series* offers 5 unique standalone units.

The *Wellness & Lifestyle Series* covers a variety of important topics. Take all 5 to get an optional certificate of completion*, or dive into the area that matters most to you.

-  **Unit 1:** Mindfulness, resilience and stress, mind-body philosophy, mental health, and spirituality in healthcare
-  **Unit 2:** Mind-Body modalities, whole health systems like Ayurveda, Traditional Chinese Medicine, homeopathy, naturopathy, manual medicine, energy medicine, and environmental health
-  **Unit 3:** Nutrition, phytonutrients, anti-inflammatory diet, and cardiovascular health
-  **Unit 4:** Healing relationships, motivational interviewing, sleep and dream health, physical activity, and aromatherapy
-  **Unit 5:** Micronutrients, supplements, herbal medicine, and integrative health informatics

Online and On-demand

Register and start learning on the same day from your computer or mobile device.

Affordable

Each unit is \$653.56 and you gain access to your unit as soon as you've paid.

Self-paced

Work at your pace. Complete a unit in as little as 2 weeks or take your time. You get 180 days of access from the day you register.

Want the certificate?

Wellness & Lifestyle Series Individuals seeking the certificate of completion will need to complete all the units within an 18-month period.

Interested in Integrative health coaching?

If you have an bachelor's degree in any field or an associate with at least 3 years relevant healthcare experience, completing the *Wellness & Lifestyle Series* and earning the certificate makes you eligible for the Center's Integrative Health and Wellness Coaching certification program.



*Certificate of completion requirements include satisfactory completion of all 5 units, plus the Orientation unit within an 18-month period. An admin fee is required for UACIM to verify requirements properly completed and mail printed certificate (additional fees for international postage may be applicable).

**See complete list of health professionals eligible for our coaching certification – includes most licensed, registered, or certified health care professions.

Comparing the Programs

Which is best for your needs?	Integrative Health & Lifestyle Program	Wellness & Lifestyle Series
Enrollment?	Application process.	Open enrollment. No application process.
Online learning?	Almost all online, except for a 4-day educational retreat in Tucson.	All online.
Pace of learning?	Online coursework to be completed on a weekly basis, following a syllabus with your classmates.	Self-paced. Work independently on online coursework anytime. Accelerated or when is convenient for you.
Join a class of peers?	Peer-supported learning: <ul style="list-style-type: none"> • Join a class of like-minded professionals • Build community online and in person • Be part of a small group of students for self-care support and sharing 	Individual-focused learning with some online peer sharing.
Travel required?	Includes a 4-day in-person event with hands-on workshops, faculty lectures, discussions and some of the best food. Held in a resort setting in Tucson, AZ in May. Cost for attending event is included in the tuition. Student responsible for travel, room, and some of the meal expenses.	Does not include any in-person events or sessions. No travel.
Faculty engagement?	Faculty-engaged design: <ul style="list-style-type: none"> • Each student assigned to a small faculty-mentor led team • Online forums moderated by faculty throughout programs • In-person training with a variety of faculty experts for lectures, hands-on learning, and Q&A 	No Faculty engagement • Curriculum was written and developed with a wide variety of faculty experts, but the design does not include online discussions or direct in-person teaching
Eligibility?	Licensed health professionals are eligible to apply for acceptance into this program	Designed for health professionals, but open to all
Certificate of completion?	Certificate program	Certificate option*
Amount of curriculum?	250 hours of online and in-person learning	Individual units with 25-35 hours of online learning in each.
Cost?	Program tuition totals \$5,102.48 to \$5,875.89 (based on time of application)	Fee per series unit: \$653.56 If you take all 5 units in the series and request a Certificate of completion: Up to \$3,267.80
Scholarships?	Yes – a few partial scholarships are available every year	None available
Timeframe to complete	6 months total	Complete in as little as 2 weeks or take up to 180 days. If you want to earn a certificate for the full series - all units must be complete within 18 months
Integrative Health Coach eligible?	Completion of IHeLP fulfills a pre-requisite for eligibility to apply for our nationally recognized IH Coaching certification program.	Successful certificate of completion for the <i>Wellness & Lifestyle Series</i> combined with an associate degree and some experience or a bachelor's degree, eligible to apply to the Integrative Wellness Coaching program.
Alumni status	IHeLP graduates are Center Alumni and eligible for special discounts and offerings to support their continued learning and growth. <i>IHeLP has over 250 alumni across the country and internationally. Our community is growing each year!</i>	No alumni status. Those completing the Certificate path will have <i>Center Associate</i> status that receive some special support and offerings.
	awcim.arizona.edu/ihelp	awcim.arizona.edu/WLS

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THE UNIVERSITY OF ARIZONA

Andrew Weil Center
for Integrative Medicine

For more information, visit awcim.arizona.edu/WLS