



The UC Center for Integrative Health and Wellness is expanding its educational offerings and plans to add additional courses each year. The Center has partnered with the College of Allied Health Sciences and Arts & Sciences to develop a Certificate in Integrative Health and Wellness. More information on the Certificate can be found [here](#). The course below is currently being offered Summer 2020 and is one of the foundational courses for the Certificate. Students (both UC and non-matriculated) can take this exciting course. Spaces are limited so early registration is encouraged!

## Fundamentals of Integrative Health and Medicine

### 26-MEDS-2087001 (Summer 2020) Course ID: 72411

#### Registration:

Current students can use the course ID above to register. Non-degree seeking students and community members can register as a non-matriculating student ([click here](#)) and proceed to register for this class. Current credit hour fees can be found [here](#). Please review our website below for more information and updates. See the description below for more information on our summer class offering.

#### Course Description:

This course provides an overview of the basic principles and history of integrative medicine and health. This includes an emphasis on a critical review of the scientific evidence-based for integrative medicine approaches as they relate to prevention, treatment of chronic disease, and overall wellness. Students experience a variety of integrative health modalities and a focus on healthy lifestyle as models for disease prevention, treatment of illness, and overall health and wellness promotion. This class is partially distance learning and will take place on Wednesdays at 3pm.

#### Course Objectives:

1. To describe the principle foundations and historical evolution of integrative medicine and health
2. To critically evaluate the science and evidence-base for integrative health and lifestyle medicine approaches to overall well-being and disease prevention
3. To experience various complementary and integrative medicine modalities as they relate to disease prevention, treatment of chronic illness and the promotion of wellness.

#### Prerequisite: None

*This course is highly experiential and class participation is strongly encouraged and expected!*

Questions? Contact Kelly Lyle at [kelly.lyle@uc.edu](mailto:kelly.lyle@uc.edu). Or visit <http://med.uc.edu/integrative>