Integrative Medicine combines conventional medicine with evidence-based complementary therapies that focus on healthy lifestyle to address: stress, nutrition, movement, sleep, and your environment to reduce suffering and promote overall wellness.

To register call: 475-9567 (WLNS)
Space is Limited.

Mindful Stress Reduction
Barbara Walker, PhD (Integrative Health & Performance Psychologist)
First Monday of every month at 12:00pm
First Wednesday of every month at 5:30pm

Living Well Through Mindful Eating
Tammy Ward, RD, CSO, LD (Registered Dietitian)
Second Wednesday of every month at 5:30pm

Introduction to Aromatherapy
Polly Collins, RN, LMT; Amy Neuzil, RN, LMT (Licensed Massage Therapists)
First Tuesday of every month at 5:30pm

Massage and Relaxation for Headache Relief
Polly Collins, RN, LMT; Amy Neuzil, RN, LMT
Second Tuesday of every month at 5:30pm

De-Stress with Massage
Polly Collins, RN, LMT; Amy Neuzil, RN, LMT
Third Wednesday of every month at 5:30pm

Tai Chi for Balance
Derek Johnson, LAc (Licensed Acupuncturist)
First & Third Monday of every month at 10:00am

Auricular Acupuncture
Derek Johnson, LAc
Fourth Tuesday of every month at 5:30pm

Restoring the Balance: Stress Hormones and Health
Lauri Nandyal, MD
First Thursday of every month at 5:30pm

GI Foundations: Heal Your Gut, Heal Your Body
Lauri Nandyal, MD
Third Thursday of every month at 5:30pm

See back for pricing and more information
UC Health Integrative Medicine
Midtown Group Wellness Fee Schedule

Mindful Stress Reduction
Insurance Accepted: All copays and deductibles apply. Self Pay Price: $45.60

Living Well Through Mindful Eating
Self pay only: $31.20

Introduction to Aromatherapy
Self pay only $10.00

Massage and Relaxation for Headache Relief
Self Pay only $10.00

De-Stress with Massage
Self pay only: $10.00

Tai Chi for Balance
Self pay only: $10.00 per class

Auricular Acupuncture
Self pay only: $20 per class

Shared Medical Appointments:

Restoring the Balance: Stress Hormones and Health

GI Foundations: Heal Your Gut, Heal Your Body
*patients must be an established Integrative Medicine Dr. Nandyal patient to participate*
*Insurance Accepted: All copays and deductibles apply.*

uchealth.com/integrative