

# UC Health Integrative Medicine Midtown Group Wellness Schedule

UC Health Physicians Office-Midtown  
3590 Lucille Dr. Cincinnati, OH 45213 Suite 2400

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***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

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## **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.\**

[uhealth.com/integrative](http://uhealth.com/integrative)

 UC Health.