

UC Center for Integrative Health and Wellness

Vision

Our vision is to be transformational leaders in integrative health and wellness.

Mission

Our mission is to improve the health of our local and global community through innovative, internationally-recognized research, education, clinical practice, and community engagement efforts focused on integrative health and wellness.

www.med.uc.edu/integrative
ucihw@uc.edu



Wellness at Turner Farm Summer-Fall 2017 Community Education Series

July 13

Food as Medicine for a Healthy Weight

August 17

Integrative Nutrition for Cancer

September 21

Mindfulness for Stress Reduction

\$55/class

\$130 for the series

farm-fresh lunch included

REGISTER ONLINE

www.turnerfarm.org



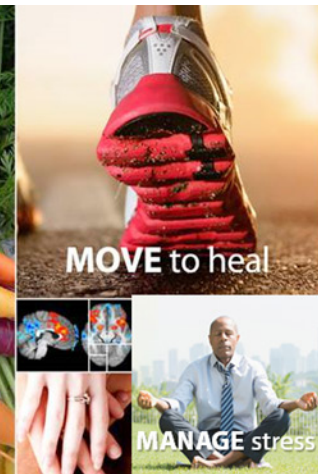
Learn more about the UC Center for
Integrative Health and Wellness
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Turner Farm is located at
7400 Given Road
Cincinnati, OH 45243

**Visit www.turnerfarm.org for
directions and to register**



Center student wellness retreat at Turner Farm Nov. 2016



Thursday July 13
11 a.m.- 1p.m.

Food as Medicine for a Healthy Weight

Angela Fitch, MD



Thursday August 17
11 a.m.-1 p.m.

Integrative Nutrition for Cancer

John Sacco, MD



Thursday September 21
11 a.m.-1 p.m.

Mindfulness for Stress Reduction

Sian Cotton, PhD



Beyond the concept of “you are what you eat” lies the importance of a healthy diet for effective weight management. In this class, Dr. Fitch guides participants through key concepts in understanding the relationship between food and optimal health, including:

- The role of certain macro- nutrients related to weight management
- The benefits of fiber in weight management
- How food timing relates to weight and health

Hands-on Teaching Kitchen Experience

Optimize your diet to work for you. Our body’s ability to fight disease and inflammation can be enhanced by the foods we eat. Dr. Sacco will teach participants:

- How gene expression can be affected by dietary and lifestyle modification
- To identify at least 1 study showing the effect of diet and lifestyle on cancer progression
- How to design an appropriate diet for cancer treatment, survivorship or risk reduction

Hands-on Teaching Kitchen Experience

Is an inability to focus on the present moment having a negative impact on your physical and mental health? Join Dr. Cotton as she teaches strategies to build a healthier life through mindful stress management, including:

- The physiology of the stress response
- The physical, mental and emotional benefits of mindfulness practices
- Daily mindfulness practices for stress management

Take-home Stress Reduction Tools