

A Community Event Focused on  
**INTEGRATIVE HEALTH AND WELLNESS**

“Come experience,  
discover and learn.”

Resolve to get  
**Healthy**

**Saturday, January 23, 2016**

9 am – 5 pm | Kingsgate Marriott in Cincinnati, OH



# Resolve to get *Healthy*



## Welcome!

Welcome! We are delighted that you have joined us for the inaugural “Resolve to Get Healthy” community symposium. This will be the first of many programs hosted by the UC Center for Integrative Health and Wellness and community partners focused on healthcare options for whole-person care.

Our goal is to connect you to wellness resources in your community and to advance the concepts of integrative medicine therapies and healing traditions. We invite you to experience, discover and learn the benefits of tai chi, mindfulness, food as medicine, acupuncture, massage therapy, meditation, stress reduction, healing spaces, music, and more.

A variety of experientials and educational sessions are available today for you to “self-select” your own wellness experience. We invite you to take part in some (or all) of the more structured brief lectures, visit the exhibitor tables for health resources, and sample the variety of integrative health experientials at your own pace.

Individual and collective health—of mind, spirit and body—will serve as the foundation of wellness as we navigate the year ahead.

Peace,

UNIVERSITY OF  
**UC**  
Cincinnati

Sian Cotton, PhD

*Director, UC Center for Integrative Health and Wellness and UC Health Integrative Medicine; Associate Professor, Department of Family & Community Medicine*



## Keynote by Dr. Brad Jacobs

Brad Jacobs, MD, MPH, ABIHM, ABIOM is a recognized leader in Integrative Medicine, Lifestyle Medicine and corporate health, and an experienced physician, educator, and senior health and wellness industry executive.

Dr. Jacobs is Founder and Medical Director of BlueWave Medicine, a community-based medical practice with offices in Sausalito, San Francisco, and Palo Alto. As a physician and educator, Dr. Brad's integrative health approach responsibly combines the best of modern medicine with established wisdom and traditional East-West practices.

For the past 10 years, Dr. Jacobs has been leading executive health workshops. A sampling of his clients includes Google, PepsiCo, Gap Inc., Lilly Pharmaceuticals, PG&E, Stanford Business School Beacon Program, Harvard Business School Executive Education program, and UCSF and Stanford medical schools. He is founding Chair of the Medical Advisory Board for Pharmaca Inc. and a board member of the Academy of Integrative Health & Medicine. He has served as Endowed Professor and Founding Medical Director for the UC-San Francisco Osher Center for Integrative Medicine Clinical.

Dr. Jacobs is senior editor of *The American College of Physicians Evidence-Based Guide to Complementary and Alternative Medicine* and is co-author of "The Anti-Inflammation Cookbook" with Amanda Haas.

Dr. Jacobs is married with two children and lives in Mill Valley, California. He enjoys backcountry skiing, cycling and surfing, and is a lifelong student of martial arts and yoga.

## Keynote

1:00–1:55 pm

**National Speaker: Dr. Brad Jacobs**

**"Advising your Best Self - Six Pillars of Healthy Living"**

*Dr. Brad Jacobs, MD, MPH, ABIHM, ABIOM*

**UPPER LEVEL, GRAND BALLROOM, SALON C**

# Schedule of Events

A Community Day Focused on Integrative Health & Wellness | **Saturday, January 23, 2016**

9:00–9:30 am **Registration**

CONCIERGE FOYER

9:30–10:30 am **Introduction to Yoga**

*Megan McCliment, RYT 200*

LOWER LEVEL, MOUNT ECHO

9:30–10:30 am **Meditation/City Silence**

*Stacy Sims, Movement Educator*

LOWER LEVEL, MOUNT LOOKOUT

10:45–11:45 am **Introduction to Tai Chi**

*Betty Lubrecht, Certified Tai Chi Instructor*

LOWER LEVEL, MOUNT ECHO

10:45–11:45 am **Introduction to Mindfulness: Mindful Stress Reduction**

*Geraldine Wu, MD*

LOWER LEVEL, MOUNT LOOKOUT

11:45–12:55 pm **Drumming Circle**

*Baoku Moses*

LOWER LEVEL

11:45–12:55 pm **Light Lunch**

LOWER LEVEL ( \$10 optional lunch ticket available for purchase )

## Keynote

1:00–1:15 pm **Welcome & Opening Meditation**

*Sian Cotton, PhD & Dan Asimus, MD*

UPPER LEVEL, GRAND BALLROOM, SALON C

1:15–1:55 pm **National Speaker: Dr. Brad Jacobs**

**"Achieving your Best Self - Six Pillars of Healthy Living"**

*Dr. Brad Jacobs, MD, MPH, ABIHM, ABIOM*

UPPER LEVEL, GRAND BALLROOM, SALON C



## ■ **Brief Informative Lectures**

UPPER LEVEL, GRAND BALLROOM, SALON C

- 2:00–2:25 pm    **Food as Medicine**  
*John Sacco, MD*
- 2:30–2:55 pm    **Mindfulness for a Less Stressed Life**  
*Richard Sears, PsyD, PhD, MBA*
- 3:00–3:25 pm    **Yoga & Meditation for Cardiovascular Health**  
*Mehran Attari, MD*
- 3:30–3:55 pm    **Importance of Sleep for Health & Longevity**  
*Dan Asimus, MD*
- 4:00–4:25 pm    **Integrative Approaches to Depression**  
*Eleanor Glass, MD*
- 4:30–5:00 pm    **Integrative Cancer Care:  
More than Traditional Medicine has to Offer**  
*Rekha Chaudhary, MD*

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Notes:

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## About the UC Center for Integrative Health & Wellness

The Center for Integrative Health and Wellness focuses on promoting integrative medicine principles and providing integrative clinical care throughout the community. We are working to engage members of all University of Cincinnati colleges and units, along with our collaborative partners in the community, to develop robust integrative health and wellness initiatives and programs.

Our faculty provide education to enrich and cultivate integrative medicine skills for medical students and faculty colleagues to promote the value of treating the whole person. Using evidence-based perspectives, health professionals are able to address and counsel patients in the use of integrative modalities, improving community patient care and satisfaction. Likewise, our researchers are involved in interdisciplinary funded research projects that focus on integrative care.

Learn more at [med.uc.edu/integrative](http://med.uc.edu/integrative).





Academy of Integrative Health & Medicine

## About the Academy

### **AIHM. Membership. Education. Fellowship.**

AIHM is a nonprofit member organization dedicated to engaging a global community of health professionals, supporters and advocates in innovative education, leadership, interprofessional collaboration, research and advocacy. We are proud to embrace all global healing traditions to promote the creation of health and the delivery of evidence-informed comprehensive, affordable, sustainable person-centered care.

**Join us!** Become a Member. Connect at the AIHM Annual Conference, *People, Planet, Purpose*. Learn online. Reconnect with your sense of purpose and learn effective tools and therapies through the *AIHM Interprofessional Fellowship*. Access the most relevant research through the *AIHM Journal Club*.

**Start by visiting [aihm.org](http://aihm.org).**



# Schedule of Events

## ■ Sounds of Healing / Sounds of Silence

Led by Ron Esposito, MC, LC & Karen Johns, E-RYT 500

LOWER LEVEL, MOUNT ECHO

- 2:00– 2:25 pm **The Singing Bowls and You** – Ron  
Participants will play the bowls and experience the intimate power of their multiphonic sound as a tool for peace and healing.
- 2:30– 2:55 pm **Matless Gentle Yoga** – Karen  
Participants are guided with minimal verbal instruction through a series of gentle movements seated in a chair and standing. No experience or yoga mats required.
- 3:00–3:25 pm **The Practice of Gratitude** – Ron  
Change your perspective and everything changes. You and only you have the power to make radical shifts for the better just by deciding the glass is half full.
- 3:30–3:55 pm **Breath: Guide to Presence** – Karen  
Too much of our energy is tied up in yesterday and tomorrow. This guided meditation helps us wake up to right now.
- 4:00–4:25 pm **Sacred Chanting** – Karen  
Sit, close your eyes and listen as Karen performs meditative Sanskrit mantras while playing the harmonium.
- 4:30–4:55 pm **The Singing Bowls and You (End Session)** – Ron

## Make sure to visit our Exhibitors & Sponsors in the Concierge Foyer!

Win great prizes for exploring the event!  
(See next page for prize and raffle details).





# Schedule of Events

## Explore the event and win a prize!

Visit each of our wonderful exhibitors and have them sign their initials. Also, check off each of the Experiential Breakout Sessions as you stop by. Share your completed form with the UC team at the registration desk and receive your prize of **50% OFF one-hour massage therapy session** at one of our three UC Health Integrative Medicine locations.



Additionally, you will be entered to win the **AIHM E-Learning “Main Event” package** at the AIHM booth, valued at \$1,600! Don't forget to enter your name on the raffle form when securing your Massage Certificate.

## Experiential Breakout Sessions

2:00–5:00 pm **UPPER LEVEL, GRAND BALLROOM, SALON A & B**



Check off as you visit each station (see prize details above).


**Eat Your Greens** – Sarah Couch, PhD & Lauren Niemes, MEd, RD

**It's a Wrap: Packing Healthy Lunches**

*Sarah Couch, PhD & Lauren Niemes, MEd, RD*

**Chair Yoga for Work/Home** – Megan McCliment, RYT 200

**Self-Massage Techniques** – Joyce Cowens, LMT

**Auricular Acupuncture** – Polly Collins, RN, LMT

**Movement: Balls & Bands** – Allison Thorpe, AFAA CPT

**Movement: Balance Boards** – Mary Beth Knight, PCT

**Aroma Therapy** – Monica Sullivan, MD & Angela Fitch, MD

**E-Stress Reduction Resources**


*Carly Hueber, EDM & Meridan Peters, MPH*

## ■ Visit our Exhibitors

9:00 am–5:00 pm **UPPER LEVEL, GRAND BALLROOM, SALON A & B**

*Collect initials as you visit each exhibitor (see prize details, left).*

	AIHM
	Alliance Integrative Medicine
	Arbonne
	Beckett Springs Hospital
	Cincinnati Children's Hospital Medical Center
	DoTerra Essential Oils
	Dr. Cathy Rosenbaum
	JuicePlus
	Mayfield Research and Education Foundation
	Modo Yoga
	Natural Awakenings
	PlantPure Nation
	Rooted Juicery + Kitchen
	SoHza Sister
	UC Center for Integrative Health and Wellness
	UC Health
	UC Health Weight Loss Center



**Complete the  
checklists and win  
great prizes!**

*See opposite page for  
participation and  
raffle details.*

## ■ VIP Reception

5:00–7:00 pm **VIP Cocktail Reception**

Come relax, mingle and enjoy fellowship with faculty and community members.

**LOWER LEVEL, MOUNT AUBURN**

*Didn't purchase the Reception with your online registration but wish to attend? Upgrade your tickets for an extra \$25. See ticket upgrade information below.*

## Upgrade/Purchase Additional Tickets

Upgraded and/or additional tickets can be purchased by visiting the registration table in the lobby.

## ■ Thank you to our Sponsors

**PLATINUM** | UC Health, Mayfield Education and Research Foundation

**GOLD** | Functional Formularies, Natural Awakenings Magazine, Rooted Juicery + Kitchen, Turner Farm

**SILVER** | 80 Acres, Alliance Integrative Medicine, Beckett Springs Hospital, Cincinnati Children's Hospital Medical Center, Mike Fremont, Mount Lookout Chiropractic & Sports Injury Center

