





THE UNIVERSITY OF ARIZONA

# Andrew Weil Center for Integrative Medicine

## Integrative Health and Lifestyle program (IHeLp)

IHeLp is a 7-month online education with weekly expectations for completing asynchronous coursework, self-care assignments, and scheduled virtual live faculty-led sessions. See below for specific unit details and dates for the upcoming class.





UNITS		2025 IHeLp Curriculum Overview	
<b>Orientation</b> Dec 9 to Jan 19	<b>Coursework</b> <ul style="list-style-type: none"> <li>Program Orientation</li> <li>Intro to Integrative Health &amp; Medicine</li> <li>Self-Care: An Overview</li> </ul>		
<b>UNIT 1</b>  Jan 20 to Feb 23	<b>Coursework</b> <ul style="list-style-type: none"> <li>Intro to Mind-Body Medicine</li> <li>Stress, Resilience, and Health</li> <li>Mindfulness and Meditation</li> <li>Sleep &amp; Dream Health</li> <li>Physical Activity in Health</li> <li>Spirituality &amp; Health Care</li> </ul>		 <b>Self-Care</b> <ul style="list-style-type: none"> <li>Stress &amp; Resilience</li> <li>Sleep Health</li> <li>Movement</li> <li>Spirituality</li> </ul>
<b>Live Virtual Events</b> <ul style="list-style-type: none"> <li>Class Welcome Zoom <b>1/30/2025 Thursday**</b> 12:30-2:30pm PST/1:30-3:30pm MST(AZ)/2:30-4:30pm CST/3:30-5:30pm EST</li> <li>Self-Care Team Zoom (TBD)</li> <li>IH Healing Talks with Faculty <b>2/6/2025 · Thursday**</b> 11am-12pm PST/12-1pm MST (AZ)/1-2pm CST/2-3pm EST</li> <li>IH Healing Talks with Faculty <b>2/20/2025 · Thursday**</b> 11am-12pm PST/12-1pm MST (AZ)/1-2pm CST/2-3pm EST</li> </ul>			
<b>UNIT 2</b>  Feb 24 to Apr 3	<b>Coursework</b> <ul style="list-style-type: none"> <li>Anti-Inflammatory Diet*</li> <li>Environmental Health*</li> <li>Intro to Nutrition</li> <li>Micronutrients &amp; Supplements</li> <li>Minerals</li> <li>Vitamins</li> <li>Common Dietary Supplements</li> </ul>		 <b>Self-Care</b> <ul style="list-style-type: none"> <li>Healthy Environments</li> <li>Healthy Eating</li> </ul>
<b>Live Virtual Events</b> <ul style="list-style-type: none"> <li>IH Healing Talks with Faculty <b>3/15/2025 · Thursday**</b> 11am-12pm PDT (MST-AZ)/12-1pm MDT/1-2CDT/2-3pm EST</li> <li>IH Healing Talks with Faculty <b>4/03/2025 · Thursday **</b> 11am-12pm PDT (MST-AZ)/12-1pm MDT/1-2CDT/2-3pm EST</li> <li>Self-Care Team Zoom (TBD)</li> </ul>			



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<p><b>UNIT 3</b></p> <p>Apr 7 to May 23</p>	<p><b>Coursework</b></p> <ul style="list-style-type: none"> <li>Herbal Medicine: An Intro</li> <li>Aromatherapy &amp; Health</li> <li><i>Art of Blending Essential Oils (Select One Adv. course)</i></li> <li><i>Herbal Medicine: Advanced (Select One Adv. course)</i></li> <li>Healing Relationships</li> <li>Phytonutrients</li> <li>Intro to Motivational Interviewing</li> <li>Energy Medicine Foundations</li> <li>Integrative Health Informatics</li> <li>Manual Medicine: Overview</li> <li>Whole Systems: An Intro</li> <li>Mind-Body Modalities</li> </ul> <hr/> <p><b>Live Virtual Events</b></p> <ul style="list-style-type: none"> <li>Retreat Prep/Q&amp;A Zoom <b>5/15/2025 · Thursday**</b> <b>11am-12pm PDT (MST-AZ)/12-1pm MDT/1-2CDT/2-3pm EDT</b></li> <li>Self-Care Team Zoom (TBD)</li> </ul>	<p> <b>Self-Care</b></p> <ul style="list-style-type: none"> <li>Healing Relationships</li> </ul>
<p></p> <p><b>TUCSON</b> May 18-21</p>	<p><b>Educational Retreat</b> - May 18-21, 2025 in Tucson, Arizona</p> <ul style="list-style-type: none"> <li>- Connect with classmates and faculty face-to-face</li> <li>- Experience hands-on lectures</li> <li>- Explore self-care topics that you can apply to personal and professional practice</li> </ul>	
<p><b>UNIT 4</b></p> <p>May 26 to Jun 13</p>	<p><b>Coursework</b></p> <ul style="list-style-type: none"> <li>Nutrition &amp; Cardiovascular Health*</li> <li>Integrative Smoking Cessation</li> <li>Mental Health: Intro, Anxiety and Depression*</li> <li>Self-care Wrap-up</li> <li>Program Evaluation</li> <li><b>Grad Project</b></li> </ul> <hr/> <p><b>Live Virtual Events</b></p> <ul style="list-style-type: none"> <li>IH Healing Talks with Faculty <b>6/6/2025 · Thursday**</b> <b>11am-12pm PDT (MST-AZ)/12-1pm MDT/1-2CDT/2-3pm EST</b></li> <li>Self-Care Team Zoom (TBD)</li> </ul>	<p> <b>Self-Care</b></p> <ul style="list-style-type: none"> <li>Self-Care Wrap-up</li> </ul>
<p><b>FINAL</b></p> <p>Jul 14 to Jul 27</p>	<p><b>Coursework</b></p> <ul style="list-style-type: none"> <li>Final Exam</li> </ul> <hr/> <p> <b>Live Virtual Events</b></p> <ul style="list-style-type: none"> <li>Graduation Zoom <b>7/31/2025 · Thursday**</b> <b>1:30-3:30pm PDT (MST-AZ)/2:30-4:30pm MDT/3:30-5:30pm CDT/4:30-6:30pm EST</b></li> <li>Self-Care Team Zoom (TBD)</li> </ul>	

\* Indicates Continuing Education Credit coursework (CME and CNE). CNE hours count towards AHNCC Holistic Nursing Board Exam eligibility.

\*\*Post questions in online course dialogues

All IHeLp graduates become AWCIM alum.