





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 | |
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| Orientation Dec 9 to Jan 19 | Coursework <ul style="list-style-type: none"> Program Orientation Intro to Integrative Health & Medicine Self-Care: An Overview | | |
| UNIT 1 Jan 20 to Feb 23 | Coursework <ul style="list-style-type: none"> Intro to Mind-Body Medicine Stress, Resilience, and Health Mindfulness and Meditation | <ul style="list-style-type: none"> Sleep & Dream Health Physical Activity in Health Spirituality & Health Care |  Self-Care <ul style="list-style-type: none"> Stress & Resilience Sleep Health Movement Spirituality |
| Live Virtual Events <ul style="list-style-type: none"> Class Welcome Zoom 1/30/2025 Thursday** 12:30-2:30pm PST/1:30-3:30pm MST(AZ)/2:30-4:30pm CST/3:30-5:30pm EST Self-Care Team Zoom (TBD) IH Healing Talks with Faculty 2/6/2025 · Thursday** 11am-12pm PST/12-1pm MST (AZ)/1-2pm CST/2-3pm EST IH Healing Talks with Faculty 2/20/2025 · Thursday** 11am-12pm PST/12-1pm MST (AZ)/1-2pm CST/2-3pm EST | | | |
| UNIT 2 Feb 24 to Apr 6 | Coursework <ul style="list-style-type: none"> Anti-Inflammatory Diet* Environmental Health* Intro to Nutrition | <ul style="list-style-type: none"> Micronutrients & Supplements Minerals Vitamins Common Dietary Supplements |  Self-Care <ul style="list-style-type: none"> Healthy Environments Healthy Eating |
| Live Virtual Events <ul style="list-style-type: none"> IH Healing Talks with Faculty 3/13/2025 · Thursday** 11am-12pm PDT (MST-AZ)/12-1pm MDT/1-2CDT/2-3pm EST IH Healing Talks with Faculty 4/03/2025 · Thursday ** 11am-12pm PDT (MST-AZ)/12-1pm MDT/1-2CDT/2-3pm EST Self-Care Team Zoom (TBD) | | | |



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| <p>UNIT 3</p> <p>Apr 7 to May 25</p> | <p>Coursework</p> <ul style="list-style-type: none"> Herbal Medicine: An Intro Aromatherapy & Health <i>Art of Blending Essential Oils (Select One Adv. course)</i> <i>Herbal Medicine: Advanced (Select One Adv. course)</i> Healing Relationships Phytonutrients Intro to Motivational Interviewing Energy Medicine Foundations Integrative Health Informatics Manual Medicine: Overview Whole Systems: An Intro Mind-Body Modalities <hr/> <p>Live Virtual Events</p> <ul style="list-style-type: none"> Retreat Prep/Q&A Zoom 5/15/2025 · Thursday** (OPTIONAL) 11am-12pm PDT (MST-AZ)/12-1pm MDT/1-2CDT/2-3pm EDT Self-Care Team Zoom (TBD) | <p> Self-Care</p> <ul style="list-style-type: none"> Healing Relationships |
| <p></p> <p>TUCSON May 18-21</p> | <p>Educational Retreat - May 18-21, 2025 in Tucson, Arizona</p> <ul style="list-style-type: none"> - Connect with classmates and faculty face-to-face - Experience hands-on lectures - Explore self-care topics that you can apply to personal and professional practice | |
| <p>UNIT 4</p> <p>May 26 to Jul 13</p> | <p>Coursework</p> <ul style="list-style-type: none"> Nutrition & Cardiovascular Health* Integrative Smoking Cessation Mental Health: Intro, Anxiety and Depression* Self-care Wrap-up Program Evaluation Grad Project <hr/> <p>Live Virtual Events</p> <ul style="list-style-type: none"> IH Healing Talks with Faculty 6/12/2025 · Thursday** IH Healing Talks with Faculty 6/26/2025 · Thursday** 11am-12pm PDT (MST-AZ)/12-1pm MDT/1-2CDT/2-3pm EST Self-Care Team Zoom (TBD) | <p> Self-Care</p> <ul style="list-style-type: none"> Self-Care Wrap-up |
| <p>FINAL</p> <p>Jul 14 to Jul 31</p> | <p>Coursework</p> <ul style="list-style-type: none"> Final Exam <hr/> <p> Live Virtual Events</p> <ul style="list-style-type: none"> Graduation Zoom 7/31/2025 · Thursday** 1:30-3:30pm PDT (MST-AZ)/2:30-4:30pm MDT/3:30-5:30pm CDT/4:30-6:30pm EST Self-Care Team Zoom (TBD) | |

* 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.