



SEMPRE SANO : FOREVER HEALTHY

The Meshewa House at Turner Farm
7550 Given Road

*Come see, feel, hear and taste a unique day-long immersion seminar
that will enrich your life and recharge your mind, body and spirit.*

PROGRAM

September 21, 2021

- 9:00 am – 10:00 am **Arrival and Breakfast**
Featuring ‘Singing Bowls’ with Betsey Zenk Nuseibeh, MEd, MM, MT-BC
- 10:00 am – 10:45 am **Greetings and Welcome by Sian Cotton, PhD, Executive Director,
University of Cincinnati Center for Integrative Health and Wellness**
Opening Meditation - Sian Cotton, PhD
‘The history and basis of Sempre Sano’ - John Tew, MD
- 10:45 am – 11:45 am **Feeding Your Brain**
‘How to cook and eat with brain healthy foods’ - Annie Fenn, MD
- 11:45 am – 12:15 pm **Movement and Alignment**
‘Stimulate healing of body, mind, and mood’ – Andrea Tutt, MFAIA, PMA, E-RYT
- 12:15 pm – 1:00pm **Mindful Living**
‘How (and why) to use mindfulness for optimizing mental well-being’ – Sian Cotton, PhD
- 1:00 pm – 2:00pm **‘Brain Healthy’ Farm Lunch**
- 2:00 pm – 2:30 pm **Movement and Alignment**
‘Sensing the experience’ - Andrea Tutt, MFAIA, PMA, E-RYT
- 2:30 pm – 3:30 pm **Lifestyle Medicine for Health**
‘Incorporating wellness practice into our lives’ - Mladen Golubic, MD, PhD
Panel Discussion - Mladen Golubic, MD, PhD; Sian Cotton, PhD; John Tew, MD;
Annie Fenn, MD; Betsey Zenk Nuseibeh, MEd, MM, MT-BC; Andrea Tutt, MFAIA, PMA, E-RYT
- 3:30 pm – 4:00 pm **Touching Nature**
‘Forest Bathing’; Effects of nature and mechanisms of healing - Cathy Crain, JD
- 4:00 pm – 4:15 pm **Reflections**
Closing – Sian Cotton, PhD
- 4:15 pm – 6:00 pm **Cocktail Hour and Light Bites**
- 4:30 pm – 5:15 pm **Reflections and Private Concert**
Carlton Monroe, PhD, vocalists and select musicians from Cincinnati Symphony Orchestra
representing The Bach Ensemble of St. Thomas

The beautiful and elegant Meshewa House is a historic estate on 230 acres of scenic farmland just outside of Cincinnati in the Village of Indian Hill.