



## Spring 2026 COURSE OFFERINGS | [Learn More](#)

### MEDS 2087 | GNTD 6087 Fundamentals of Integrative Health and Medicine



100% Online  
Asynchronous



**3** 3 Credit  
Hours



**Lauri Nandyal, MD**

### MEDS 2088 | GNTD 6088 Science and Practice of Mind Body Medicine



100% Online  
Asynchronous



**3** 3 Credit  
Hours



**Barbara Walker, PhD**

### MEDS 2089 | GNTD 6089 Self-care and Mental Well-being



100% Online  
Asynchronous



**3** 3 Credit  
Hours



**Meriden McGraw, MS, MPH**

### MEDS 2090 | GNTD 6092 Music and Health



100% Online  
Asynchronous



**3** 3 Credit  
Hours



**Betsey Zenk Nuseibeh, MEd, MM, MT-BC**  
**Christina Weber, MT-BC**

### MEDS 2091 The Philosophy of Yoga



100% Online  
Asynchronous



**3** 3 Credit  
Hours



**Kelly Lyle, MHA, MS, 200hr CYT**

### MEDS 2092 Introduction to Nature Based Therapies and Ecopsychology



100% Online  
Asynchronous + Field  
Trip Options



**3** 3 Credit  
Hours



**Barbara Walker, PhD**

### MEDS 2093 | GNTD 6093 Food Literacy in Health & Wellness



100% Online  
Asynchronous



**3** 3 Credit  
Hours



**Chef Stephanie White, EdD**

### MEDS 3091 | GNTD 7051 Traditional Chinese Medicine & Acupuncture



100% Online  
Asynchronous



**3** 3 Credit  
Hours



**Derek Johnson, L.Ac, MSOM, DMQ**

### MEDS 4037 | Lifestyle Medicine, Healthy Behaviors and Interventions



100% Online  
Asynchronous



**3** 3 Credit  
Hours



**NEW!**

### MEDS 4038 | GNTD 7088 Integrative Gut Health



Hybrid, Prerequisite:  
MEDS 2087



**3** 3 Credit  
Hours



**Lauri Nandyal, MD**

### GNTD 8049 | Musical Awe Service Learning



In-Person at CCM  
M/W 6-7:20 p.m.



**3** 3 Credit  
Hours



**NEW!**



# GRADUATE Health & Wellness Coaching CERTIFICATE



## Designed with you in mind

100% online with part-time and full-time scheduling options allowing you to gain practical, job-ready expertise in the latest concepts, and techniques, and at less cost, than a master's degree.



## What you will learn

Learn evidence-based skillful conversation, clinical interventions and strategies to positively and safely engage client or patients in health behavior change



## Advance your career

Designed and led by expert-faculty, this coaching certificate will help you expand your skillset and opportunities for success in this rapidly evolving field without putting your life on hold.



## Learn More + Enroll →

Admission is rolling. Learn more & enroll and contact Kelly Lyle ([kelly.lyle@uc.edu](mailto:kelly.lyle@uc.edu)) with any questions.





# *Yoga* TEACHER TRAINING

## BECOME A CERTIFIED YOGA TEACHER AS PART OF THE YOGA STUDIES CERTIFICATE!



### Yoga Teacher Training at UC

If you have a passion for Yoga and are enrolled in the Yoga Studies Certificate, you can also earn a Yoga Teacher certification! The first required course is Yoga Teacher Training I (HFL 2071) which can also be used as an elective for the Yoga Studies Certificate.



### Yoga Studies Certificate

You must enroll in the Yoga Studies Certificate in order to enroll in the Yoga Teacher training courses. This interdisciplinary certificate consists of coursework from the College of Education, Criminal Justice, Human Services, the College of Medicine, and the College of Arts & Sciences.



### Learn more & enroll!

If you have a passion for Yoga and are interested in becoming trained as a Yoga Teacher, visit [med.uc.edu/yoga](http://med.uc.edu/yoga)





# TAKE YOUR CAREER TO THE *Next* Level

## GRADUATE CERTIFICATE IN INTEGRATIVE HEALTH



### Designed with you in mind

Designed with the busy health professional in mind, this program can be completed completely online. It's ideal for health professionals at all different levels and backgrounds who are looking for an advanced degree.



### Top 100 Graduate School

The University of Cincinnati medical school ranks in the top-40 for research.



### Improve patient outcomes & your own self-care

Integrative health is an increasingly popular form of medicine that helps put patients in control of their health with a focus on preventative care.



### Advance your career

Enhance your knowledge of evidence-based, complementary therapies to use in your current or future role in healthcare. Courses include Fundamentals of Integrative Health & Medicine, Self-Care & Mental Well-Being, Music & Health, and more!



### Learn More + Enroll →

Admission is rolling. Learn more & enroll and contact Kelly Lyle ([kelly.lyle@uc.edu](mailto:kelly.lyle@uc.edu)) with any questions.





## UNDERGRADUATE MINOR OR CERTIFICATE IN INTEGRATIVE HEALTH



### Designed with you in mind

Gain an advantage as you enter the workforce in healthcare with knowledge of the principles of integrative health.



### Top 35 Medical School



### Improve patient outcomes & your own self-care

Integrative health is an increasingly popular form of medicine that helps put patients in control of their health with a focus on preventative care.



### Advance your career

Enhance your knowledge of evidence-based, complementary therapies to use in your current or future role in healthcare. Courses include:

- Fundamentals of Integrative Health & Medicine
- Self-Care & Mental Well-Being
- The Science & Practice of Mind-Body Medicine
- Food Literacy in Health & Wellness
- And more!



### Learn More + Enroll →

Admission is rolling. Learn more & enroll and contact Kelly Lyle ([kelly.lyle@uc.edu](mailto:kelly.lyle@uc.edu)) with any questions.

