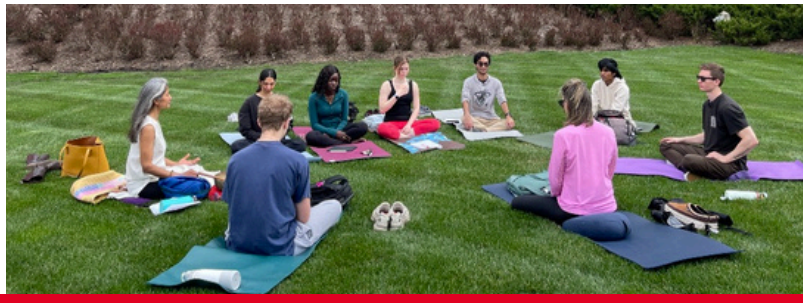
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Spring 2027 INTEGRATIVE HEALTH COURSES

MEDS 2087 | GNTD 6087 Fundamentals of Integrative Health and Medicine

100% Online Asynchronous | 3 Credit Hours | Lauri Nandyal, MD

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

100% Online Asynchronous | 3 Credit Hours | Barbara Walker, PHD

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

100% Online Asynchronous | 3 Credit Hours | Meriden McGraw, MS, MPH

MEDS 2090 | GNTD 6092 Music and Health

100% Online Asynchronous | 3 Credit Hours | Betsey Zenk Nuseibeh, MEd, MM, MT-BC

MEDS 2091 The Philosophy of Yoga

100% Online Asynchronous | 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 Credit Hours | Barbara Walker, PHD

MEDS 2093 | GNTD 6093 Food Literacy in Health & Wellness

100% Online Asynchronous | 3 Credit Hours | Chef Stephanie White, EdD

MEDS 3091 | GNTD 7051 Traditional Chinese Medicine & Acupuncture

100% Online Asynchronous | 3 Credit Hours | Derek Johnson, L.Ac, MSOM, DMQ

MEDS 4037 | Lifestyle Medicine, Healthy Behaviors and Interventions

100% Online Asynchronous | 3 Credit Hours | Jinda Bowerman, DNP

Learn More

Courses are open to enrolled students and interested community members or practicing healthcare providers by registering as non-matriculated students.

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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.

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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

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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!

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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 →

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