



THE UNIVERSITY OF ARIZONA

**Andrew Weil Center  
for Integrative Medicine**

**ONLINE CLASSES  
REGISTER NOW!**

The Andrew Weil Center for Integrative Medicine offers engaging online courses on some of the most current and relevant topics in integrative healthcare. The courses allow you to learn at your own pace, when and where it's most convenient for you. Designed by leaders in the field for healthcare professionals, they are also open and beneficial to the informed public.

## ▼ ▼ ▼ **Non-Credit Courses**

### **Video Lecture: Nutrition Above the Neck**

Find out why a multinutrient approach to the treatment of mental disorders is effective. Join Dr. Bonnie J. Kaplan as she challenges the notion of what constitutes mental illness.

### **Aromatherapy & Health: An introduction**

Gain a solid understanding of aromatherapy for health and learn to counsel patients in its use and practice with experiential exercises. Treatment with essential oils is increasingly making inroads into hospitals and health care settings because it is simple, effective and inexpensive, and often has notable results.

### **Aromatherapy II: The Art and Science of Blending**

Build on the versatile and therapeutic practice of aromatherapy by exploring blending principles, including step-by-step instructions and applications of aromatherapy in real-world case studies.

### **An Introduction to Contemplative Care**

Learn to be fully present with yourself and those in your care and gain guidance on ways to maintain your own wellbeing—even in the emotionally demanding work of hospice and end-of-life care.

### **Whole Systems of Medicine: Ayurveda**

Delve into the ancient medicine of Ayurveda, one of the oldest medical systems in the world, originating at least five thousand years ago in what is now India. The course explores doshas, agni, dhatus, srotamsi, Ayurvedic pharmacology, diet and lifestyle, Ayurvedic botanicals, yoga and meditation.

**Prices range from \$40 to \$400**

For current rates and details visit:

[awcim.arizona.edu/courses](http://awcim.arizona.edu/courses)



## ▼ ▼ ▼ **Continuing Education Courses**

### **Integrative Pain Management**

Gain an understanding of the pathophysiology of acute pain vs chronic pain, learning to assess the evidence for the safety and benefit of a wide variety of integrative modalities including nutritional approaches, mind-body therapies, manual therapy techniques, acupuncture, and many more.

**11 hours**

### **Topics in Obesity**

With the increasing pandemic of obesity and obesity-related health issues as a global cause of morbidity and mortality, the need to understand and develop effective treatments for those afflicted has never been more important.

**6 hours**



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### Anti-Inflammatory Diet

Develop an understanding of the origins and principles of the anti-inflammatory diet. Learn to counsel patients on replacing inflammation-triggering foods with nutrient-rich ones that fight inflammation, reducing the risk of harm from diabetes, heart disease, digestive disorders and certain cancers, and improving mood and energy levels.

**4.5 hours**

### Breast Cancer: An Integrative Approach

Breast cancer treatment is complex and demanding. It is important that busy providers have the tools they can incorporate into conventional cancer treatment—integrative interventions that new research shows can impact not only quality of life, but also cancer-specific outcomes.

**7.25 hours**

### Free Online Course ▼ ▼ ▼

#### Environmental Health: An Integrative Approach

Examine the importance environmental factors like air pollutants, pesticides, heavy metals, toxins, and other environmental factors in patient health, and come to understand why certain populations, such as children, are particularly vulnerable. Gain the tools you need to give informed and insightful responses to patients' questions about the ever-evolving field of environmental health.

**5 hours | FREE for everyone**

### Marijuana: Is it Medicine Yet?

This informative and in-depth video course presents leading expert and integrative oncologist, Dr. Donald Abrams, presenting on topics including historical usage, cannabinoid receptors, CBD oil, cancer care, and safety and dosing.

**1.25 hours**

### Introduction to Integrative Mental Health: Depression & Anxiety

Explore the role of stress and lifestyle on these common mood disorders. Discover effective ways to support mental and emotional wellbeing in the treatment of patients with anxiety and depression through integrative methods, including mind-body connections and supplements.

**7 hours**

### Nutrition & Cancer

Emerging research in the interplay between nutrition and cancer offers insights into the role of nutrition in three common cancers: breast, colorectal, and prostate. The course stresses advancements in the individualization of cancer treatment and offers an updated take on the role of nutrition in survivorship.

**3.25 hours**

### Nutrition & Cardiovascular Health

Be able to effectively counsel patients about the many nutritional factors that can prevent heart disease. Here is straightforward, clinically relevant information for understanding how fats affect lipids, the evidence behind low glycemic load diets, the cardio-protective effects of key micronutrients and phytochemicals and much more.

**6 hours**

### Introduction to Integrative Oncology

Explore an overview of integrative modalities and treatments that are beneficial for cancer care. Learn about controlling weight, the impact of nutrition, dietary supplements, stress reduction, Traditional Chinese Medicine, Chemo-CAM interactions and more.

**3.75 hours**

**Prices range from \$40 to \$400**



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