2019 Community Wellness Symposium

**Optimize Your Wellbeing – Prevent. Heal. Thrive.**
Saturday, January 12, 2019 | 9am-5pm | UC Tangeman University Center

**About the Event**
The University of Cincinnati’s Center for Integrative Health and Wellness will host a 2nd community symposium to inspire attendees to optimize their personal well-being in the year ahead. The symposium will focus on whole-person wellness and will showcase innovative ways to maintain a healthy lifestyle, preempt illness, and promote healing through lifestyle management and evidence-based complementary therapies. The day’s events will include movement-based and mindfulness experientials, art as medicine interactive sessions, and scientific lectures from integrative medicine faculty focused on wellness, prevention of chronic disease, and the role of lifestyle medicine for your optimal health.

Attendees can tailor the experience to their individual interests. Proposed experiential tracks include gut health, integrative oncology, stress management and pain management. Our 2016 symposium featured Dr. Brad Jacobs, a nationally renowned integrative medicine physician and educator as the keynote speaker.

**Audience**
*Optimize Your Wellbeing – Prevent. Heal. Thrive.* is uniquely positioned in time to help attendees plan through their New Year’s Resolutions. The UC Center for Integrative Health and Wellness and its key community partners present this community-centered opportunity. We estimate nearly 500 diverse community member attendees.

**About the UC Center for Integrative Health and Wellness**
Our mission is to improve the health of our local and global community through innovative, internationally-recognized research, education, clinical practice and community engagement efforts focused on integrative health and wellness. Our-wide ranging clinical services include healthy lifestyle support, nutrition counseling, integrative physician consults, mindfulness and meditation, massage therapy, mind-body therapies, therapeutic yoga, acupuncture and tai chi. The clinical provider and patient work as partners to engage body, mind and spirit in attaining and maintaining optimal health. Our clinicians are also faculty, educators and researchers within the Center of Integrative Health and Wellness at the University of Cincinnati College of Medicine who promote the value of treating the whole person and work to enrich and cultivate integrative medicine skills within the next generation of healthcare providers.

[www.med.uc.edu/integrative](http://www.med.uc.edu/integrative)