2019 Community Wellness Symposium

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. Experiential tracks include gut health, integrative oncology, stress management and pain management.

Keynote Speaker – Dr. Victoria Maizes

Optimize Your Well-Being – Prevent. Heal. Thrive. will feature a keynote address on “Vitality” from Dr. Victoria Maizes, Executive Director of the Arizona Center for Integrative Medicine and a Professor of Medicine, Family Medicine and Public Health at the University of Arizona. Dr. Maizes is internationally recognized as a leader in integrative medicine and is committed to helping individuals live healthier lives and pioneering change efforts that solve US health care system problems. She is the editor of the Oxford University textbook Integrative Women’s Health and the author of Be Fruitful: The Essential Guide to Maximizing Fertility and Giving Birth to a Healthy Child. In 2009, she was named one of the world’s 25 intelligent optimists by ODE magazine.