

YOU ARE INVITED TO

Resolve to Get Healthy

A community event focused on

INTEGRATIVE HEALTH AND WELLNESS

Saturday, January 23, 2016, 9 a.m.–5 p.m.

Kingsgate Marriott Conference Center | Open to the Public

*Come experience,
discover and learn.*

Presentations, discussions and hands-on demonstrations

- Yoga
- Mindfulness
- Food as Medicine
- Acupuncture
- Massage Therapy
- Movement
- Sleep
- Stress Reduction
- Healing Space
- Meditation

Register and learn more:

med.uc.edu/integrative

Integrative health is a field of medicine and practice that recognizes the many factors and connections that impact overall health and well-being.

