Wellness at Turner Farm
Fall-Winter 2017
Community Education Series

November 15
6:30-8:30 p.m.
Healing Benefits of Herbs & Spices
Tammy Ward, RD

November 29
6:30-8:30 p.m.
Heart Health:
Lessons from Yoga & Ayurveda
Mehran Attari, MD

$75/class
Farm-fresh meal included

REGISTER ONLINE
www.turnerfarm.org

UC Center for Integrative Health and Wellness

Vision
Our vision is to be transformational leaders in integrative health and wellness.

Mission
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.

Learn more about the UC Center for Integrative Health and Wellness
www.med.uc.edu/integrative
ucihw@uc.edu

Turner Farm is located at
7400 Given Road
Cincinnati, OH 45243

Visit www.turnerfarm.org for directions and to register

UC student wellness retreat at Turner Farm Nov. 2016
Reviews from previous participants in our fall community education courses:

- “This course reinforced changes I’m already making and clarified some health-related questions I had.”
- “The speaker was very knowledgeable and kept the attendees interested.”
- “I’m looking forward to the next one!”
- “It was perfect! I learned a lot and the lunch was great.”
- “This course reinforced my current beliefs in food as medicine.”

Wed. November 15
6:30-8:30 p.m.
Healing Benefits of Herbs & Spices
Tammy Ward, RD

Our body’s ability to fight disease and inflammation can be impacted by the foods we eat. Herbs and spices not only enhance the flavor of these foods, but many have antibacterial, antiviral and other healthful properties. A registered dietician and professional chef will teach participants to:

- Describe the history of dietary herbs/spices
- Identify health benefits of herbs/spices including disease prevention and treatment
- Combine herbs/spices for flavorful, healthful meals

Hands-on Teaching Kitchen Experience

Wed. November 29
6:30-8:30 p.m.
Heart Health: Lessons from Yoga & Ayurveda
Mehran Attari, MD

According to ayurveda, a holistic approach to heart health requires you to nourish the emotional heart as well as the physical heart. Join Dr. Attari as he teaches ways to lead a healthier life through yoga and ayurvedic principles including how to:

- Identify risk factors for heart disease
- Implement prevention strategies for a healthier heart
- Describe ayurveda and how it impacts your overall wellness

Hands-on Teaching Kitchen Experience