



# Fall 2024 COURSE OFFERINGS



## MEDS 2087 | GNTD 6087 Fundamentals of Integrative Health and Medicine



**100% Online Asynchronous**

**Lauri Nandyal, MD**

An overview of the basic principles and history of integrative health and medicine.



**3 Credit Hours**



## MEDS 2088 | GNTD 6088 Science and Practice of Mind Body Medicine



**100% Online Asynchronous**

**Sian Cotton, PHD & Barbara Walker, PHD**

Experientially explore evidence-based mind-body modalities including mindfulness, guided imagery, breathwork, yoga, etc., which enhance stress management and promote overall wellness.



**3 Credit Hours**



## MEDS 2089 | MEDS 6089 Self-care and Mental Well-being



**100% Online Asynchronous**

**Meriden McGraw, MS, MPH**

Introduce scientifically validated strategies shown to reduce stress and increase mental well-being. It will also seek to increase students' capacity to overcome setbacks, challenges, and difficulties.



**3 Credit Hours**



## MEDS 2090 | MEDS 6090 Music and Health



**100% Online Asynchronous**

**Betsey Zenk Nuseibeh, MEd, MM, MT-BC & Christina Weber, MT-BC**

By combining traditional coursework and experientials, students will experience first-hand the ability of music to improve health outcomes and the role of music therapy in health care.



**3 Credit Hours**





## MEDS 2091 The Philosophy of Yoga



**100% Online  
Asynchronous**



**3 Credit  
Hours**

**Kelly Lyle, MHA, MS, 200hr CYT**

Students will learn foundational concepts and how to use this knowledge to facilitate a strong Yoga Asana, Pranayama, and meditation practice as well as how to apply these principles in everyday life.



## MEDS 2092 Introduction to Nature Based Therapies and Ecopsychology



**100% Online  
Asynchronous  
+ 4 Field Trips**



**3 Credit  
Hours**

**Barbara Walker, PHD**

This course will introduce scientifically-validated strategies around the basic theories and approaches of Nature-Based Therapeutics.



## MEDS 2093 | GNTD 6093 Food Literacy in Health & Wellness



**100% Online  
Asynchronous**



**3 Credit  
Hours**

**Chef Stephanie White, EdD**

This course explores concepts relevant to food literacy, and culinary medicine, and seeks to enhance students' fundamental culinary and nutritional knowledge for personal health.



## MEDS 3091 Traditional Chinese Medicine & Acupuncture



**100% Online  
Asynchronous**



**3 Credit  
Hours**

**Derek Johnson, L.Ac, MSOM, DMQ**

This course provides the basis for understanding the mechanisms and principles by which traditional Chinese medicine is practiced.



## MEDS 4038 | GNTD 7088 Integrative Gut Health



**Hybrid**



**3 Credit  
Hours**

**Lauri Nandyal, MD | Prerequisite: MEDS 2087**

Explore the theory of an interdependent relationship between the gastrointestinal tract and other systems within the body and learn the impact of stress and environment on the functionality of the gastrointestinal tract and your overall health.



**CONTACT KELLY LYLE FOR MORE INFORMATION**

Email Kelly Lyle, Education Program Director:  
[kelly.lyle@uc.edu](mailto:kelly.lyle@uc.edu) or scan the QR code to learn more →





# Yoga TEACHER TRAINING

## BECOME A CERTIFIED YOGA TEACHER AS PART OF THE YOGA STUDIES CERTIFICATE!



### Yoga Teacher Training at UC

If you have a passion for Yoga and are enrolled in the Yoga Studies Certificate, you can also earn a Yoga Teacher certification! The first required course is Yoga Teacher Training I (HFL 2071) which can also be used as an elective for the Yoga Studies Certificate.



### Yoga Studies Certificate

You must enroll in the Yoga Studies Certificate in order to enroll in the Yoga Teacher training courses. This interdisciplinary certificate consists of coursework from the College of Education, Criminal Justice, Human Services, the College of Medicine, and the College of Arts & Sciences.



### Learn more & enroll!

If you have a passion for Yoga and are interested in becoming trained as a Yoga Teacher, visit [med.uc.edu/yoga](https://med.uc.edu/yoga)





# TAKE YOUR CAREER TO THE *Next Level*

## GRADUATE CERTIFICATE IN INTEGRATIVE HEALTH



### Designed with you in mind

Designed with the busy health professional in mind, this program can be completed completely online. It's ideal for health professionals at all different levels and backgrounds who are looking for an advanced degree.



### Top 100 Graduate School

The University of Cincinnati medical school ranks in the top-40 for research.



### Improve patient outcomes & your own self-care

Integrative health is an increasingly popular form of medicine that helps put patients in control of their health with a focus on preventative care.



### Advance your career

Enhance your knowledge of evidence-based, complementary therapies to use in your current or future role in healthcare. Courses include Fundamentals of Integrative Health & Medicine , Self-Care & Mental Well-Being, Music & Health, and more!



### Learn More + Enroll →

Admission is rolling. Learn more & enroll and contact Kelly Lyle ([kelly.lyle@uc.edu](mailto:kelly.lyle@uc.edu)) with any questions.





## UNDERGRADUATE MINOR OR CERTIFICATE IN INTEGRATIVE HEALTH



### Designed with you in mind

Gain an advantage as you enter the workforce in healthcare with knowledge of the principles of integrative health.



### Top 35 Medical School



### Improve patient outcomes & your own self-care

Integrative health is an increasingly popular form of medicine that helps put patients in control of their health with a focus on preventative care.



### Advance your career

Enhance your knowledge of evidence-based, complementary therapies to use in your current or future role in healthcare. Courses include:

- Fundamentals of Integrative Health & Medicine
- Self-Care & Mental Well-Being
- The Science & Practice of Mind-Body Medicine
- Food Literacy in Health & Wellness
- And more!



### Learn More + Enroll →

Admission is rolling. Learn more & enroll and contact Kelly Lyle ([kelly.lyle@uc.edu](mailto:kelly.lyle@uc.edu)) with any questions.

