

What is the *Integrative Health Certificate*...

This certificate program enables students to become more active in their own healthcare and that of their community to focus more on health prevention and promotion and less so on disease or sick care. This certificate will help interdisciplinary students across a wide spectrum of fields to become collaborative and transformative practitioners, educators and/or patients that focus on the use of integrative and complementary health approaches to achieve optimal health. This 15 credit hour certificate (roughly 5 classes at 3 credit hours each) will provide a solid introductory background for students to the concepts and evidence-base of integrative health concepts and therapies in the broad concept of improving personal and community wellness. Students will be from a variety of health-related and non-health programs, and will be able to apply these concepts at a level appropriate and useful to them. The focus will be on introducing concepts, understanding the relevant scientific evidence-base, and learning applicability to improve personal and community wellness.

How to declare the Integrative Health Certificate (IHC)...

1. **If you are a current student, follow these steps...**
 - a. Review the requirements for the Integrative Health Certificate [here](#). If you have questions about the IHC, please reach out to Kelly Lyle (woosleka@ucmail.uc.edu).
 - b. After reviewing the requirements, please reach out to Kelly Lyle (woosleka@ucmail.uc.edu) to let her know of your interest.
 - c. She will then get you set-up for declaring the certificate

2. **If you are not a current student, follow these steps..**
 - a. Review the requirements for the Integrative Health Certificate [here](#). If you have questions about the IHC, please reach out to Kelly Lyle (woosleka@ucmail.uc.edu).
 - b. Next, visit the [Transfer and Transition Advising Center's](#) website on what it means to be a non matriculated student. In order for you to take classes you will need to become a non-matriculated student. Please make sure to follow the steps carefully and to read the information on the entire page. There is important Financial Aid circumstances that apply to non-matriculated students.
 - c. Once you have received your UC username (6+2) and M#, please reach out to Kelly Lyle (woosleka@ucmail.uc.edu) and let her know of your interest to begin taking classes.
 - d. She will then get you set-up for declaring the certificate.