SEMPRE SANO: FOREVER HEALTHY

The Mesheca House at Turner Farm
7550 Given Road

Come see, feel, hear and taste a unique day-long immersion seminar that will enrich your life and recharge your mind, body, and spirit.

PROGRAM
September 21, 2021

9:00 am – 10:00 am  Arrival and Breakfast
Featuring ‘Singing Bowls’ with Betsey Zenk Nuseibeh, MEd, MM, MT-BC

10:00 am – 10:45 am  Greetings and Welcome by Sian Cotton, PhD, Executive Director,
University of Cincinnati Center for Integrative Health and Wellness
Opening Meditation – Sian Cotton, PhD
‘The history and basis of Sempre Sano’ – John Lew, MD

10:45 am – 11:45 am  Feeding Your Brain
‘How to cook and eat with brain healthy foods’ – Annie Fenn, MD

11:45 am – 12:15 pm  Movement and Alignment
‘Stimulate healing of body, mind, and mood’ – Andrea Tutt, MFAIA, PMA, E-RYT

12:15 pm – 1:00pm  Mindful Living
‘How (and why) to use mindfulness for optimizing mental well-being’ – Sian Cotton, PhD

1:00 pm – 2:00 pm  ‘Brain Healthy’ Farm Lunch

2:00 pm – 2:30 pm  Movement and Alignment
‘Sensing the experience’ – Andrea Tutt, MFAIA, PMA, E-RYT

2:30 pm – 3:30 pm  Lifestyle Medicine for Health
‘Incorporating wellness practice into our lives’ – Mladen Golubic, MD, PhD
Panel Discussion – Mladen Golubic, MD, PhD; Sian Cotton, PhD; John Tew, MD; Annie Fenn, MD; Betsey Zenk Nuseibeh, MEd, MM, MT-BC; Andrea Tutt, MFAIA, PMA, E-RYT

3:30 pm – 4:00 pm  Touching Nature
‘Forest Bathing’; Effects of nature and mechanisms of healing – Cathy Crain, JD

4:00 pm – 4:15 pm  Reflections
Closing – Sian Cotton, PhD

4:15 pm – 6:00 pm  Cocktail Hour and Light Bites

4:30 pm – 5:15 pm  Reflections and Private Concert
Carlton Monroe, PhD, vocalists and select musicians from Cincinnati Symphony Orchestra representing The Bach Ensemble of St. Thomas

The beautiful and elegant Mesheca House is a historic estate on 230 acres of scenic farmland just outside of Cincinnati in the Village of Indian Hill.