

Program Agenda

Friday, March 14, 2014

Integrative Medicine: Understanding the Mind-Body-Spirit Connection for Health

Health Professions, Nursing and Pharmacy Auditorium, Room 1404

8:00 am - 8:45 am **Registration and Breakfast**

8:45 am - 9:00 am **Welcome and Announcements**

Irene M. Estores, MD, UF Health Integrative Medicine

9:00 am - 10:30 am **Tai Chi As A Therapeutic Mind-Body Intervention For Rehabilitation And Prevention: State Of The Research Evidence**

Peter Wayne, PhD

Research Director, Osher Center for Integrative Medicine, Brigham and Women's Hospital

10:30 am - 10:45 am **Experiential Session: Yoga**

Tammy Bernard, MEd, UF Health Integrative Medicine Program

10:45 am - 11:30 am **The Efficacy of Therapeutic Yoga: Empowering Patients with Inner Resources for Healing**

Tammy Bernard MEd, UF Health Integrative Medicine Program

Sharen Lock, MS, E-RYT-500, Moffitt Cancer Center Integrative Medicine

11:30 am - 12:45 pm **Lunch (provided)**

12:45 pm - 1:00 pm **Experiential Session: Meditation**

Nancy Lasseter, EdS, LMHC, UF Health Integrative Medicine Program

1:00 pm - 2:30 pm **Providing Spiritual Care: Practical Approaches for Healthcare Clinicians**

Frederic C. Craigie, PhD

Associate Professor, Community and Family Medicine, Dartmouth Medical School

Visiting Associate Professor, Arizona Center for Integrative Medicine, University of Arizona College of Medicine

2:30 pm - 3:15 pm **MindBody Medicine: More Real Than You Think**

Irene M. Estores, MD, UF Health Integrative Medicine

3:15 pm - 4:00 pm **The Arts and Health**

Jill Sonke, Director, Center for Arts in Medicine, UF College of Fine Arts

4:00 pm - 4:15 pm **Closing and Announcements**

Irene M. Estores, MD and Nancy Lasseter, EdS, LMHC

Saturday, March 15, 2014

Tai Chi's Eight Active Ingredients for Health and Wellness: An Experiential Workshop Integrating Practice and Science

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9:00 am -12:00 noon; 2:00 pm - 5:00 pm (lunch provided)

Please visit this page for information the workshop: <http://integrativemed.cme.ufl.edu/workshop/>