



THE UNIVERSITY OF ARIZONA

Andrew Weil Center for Integrative Medicine

Integrative Health and Lifestyle program (IHeLp)

IHeLp is an 8-month online education with weekly requirements for completing asynchronous coursework, self-care assignments, and virtual live faculty-led sessions.

2027 IHeLp Curriculum Overview

Orientation | Jan 25 - Feb 7

Coursework

- Program Orientation
- Intro to Integrative Health & Medicine
- Self-Care: An Overview

Live Virtual Events

Class Welcome & Orientation

- **2/4/2027 Thursday:** 8:30-11:30 am PST/9:30-12:30 pm MST (AZ)/10:30-1:30 pm CST/11:30-2:30 pm EST

Unit 1 | Feb 8 - Apr 11

Coursework

- Intro to Mind-Body Medicine
- Stress, Resilience, and Health
- Mindfulness and Meditation
- Spirituality & Health Care
- Physical Activity in Health
- Sleep & Dream Health
- Intro to Nutrition
- Intro to Integrative Mental Health
- Intro to Motivational Interviewing
- Integrative Health Informatics
- Mind-Body Modalities
- Grad Project Overview

Self-Care

- Stress & Resilience
- Spirituality
- Sleep & Dreams

Live Virtual Events

Self-Care Team Meetups (Mentor Led)

- TBD - 90 minutes before 2/21/2027

IH Healing Talks (Faculty Led)

- **3/4/2027** · Thursday 11am-12pm PST/12-1pm MST (AZ)/1-2pm CST/2-3pm EST
- **4/1/2026** · Thursday 11am-12pm PDT (AZ)/12-1pm MDT /1-2pm CDT/2-3pm EDT

Unit 2 | Apr 12 - Jun 13

Coursework

- Manual Medicine: Massage & Bodywork
- Energy Medicine: Foundations

- Whole Systems: Intro
- Anti-Inflammatory Diet (CME & CNE Available)
- Micronutrients & Supplements: Intro
- Minerals

2027 IHeLP Curriculum Overview

- Vitamins
- Common Dietary Supplements

Self-Care

- Movement
- Healthy Eating

Grad Project

- Draft Project Proposal

Live Virtual Events

Self-Care Team Virtual Meetups (Mentor Led)

- TBD - 2 Meetups, 60 minutes each

Community Connection (Optional)

- **4/29/2027** · Thursday 11am-12pm PDT (AZ)/12-1pm MDT/1-2CDT/2-3pm EDT

Faculty-led Virtual Workshop

- **5/13/2027** · Thursday 9am-12:15pm PDT (AZ)/10am-1:15pm MST/11am-2:15pm CDT/12-3:15pm EDT

IH Healing Talks (Faculty led)

- **6/3/2027** · Thursday 11am-12pm PDT (AZ)/12-1pm MDT/1-2CDT/2-3pm EDT

Unit 3 | Jun 14 - Aug 15

Coursework

- Healing Relationships
- Herbal Medicine: An Intro
- Environmental Health: An Intro (CME & CNE Available)
- Aromatherapy & Health
- *Art of Blending Essential Oils: Advanced OR Herbal Medicine: Advanced (Select One)*
- Integrative Smoking Cessation

Self-Care

- Healing Relationships
- Environmental Health

Grad Project

- Proposal submission; Grad Project work; Draft Feedback, Final Submission

Live Virtual Events

Self-Care Team Meetups (Mentor Led)

- TBD Grad Project Support - 2 hours (required)
- TBD - Project Draft 1:1 Mentor feedback - 30-60 minutes (required)

IH Healing Talks (Faculty Led)

- **7/22/2027** · Thursday 11am-12pm PDT (AZ)/12-1pm MDT/1-2CDT/2-3pm EDT

Community Connection - Grad Project (Optional)

- **8/5/2027** · Thursday 11am-12pm PDT (AZ)/12-1pm MDT/1-2CDT/2-3pm EDT

Final Unit | Aug 17 - Sep 13

Coursework

- Self-Care Wrap Up
- Final Exam
- Program Evaluation

Self-Care

- Wrap Up

Grad Project

- Reviews, Feedback and Grades

TUCSON | Sep 14-17

Educational Retreat

Participation Required: September 14-17, 2027 @ AWCIM Complex, Tucson, University of Arizona

2027 IHeLp Curriculum Overview

- Connect with classmates and faculty face-to-face
- Experience hands-on session
- Build on your learning
- CE Offered
- Celebrate graduation together

Extended Learning | Sep 20 - Nov 22

Bonus Courses

For those working towards the required 48 Nursing CE hours to be eligible for the Holistic Nursing Board Certification Exam - you must complete these courses with CE credit

- *Phytonutrients*
- *Anxiety*: CME & CNE Available
- *Depression*: CME & CNE Available
- *Nutrition & Cardiovascular Health*: CME & CNE Available

Graduation requirements include completing all unit requirements, along with passing a cumulative final exam, graduation project, and participating in the in-person educational retreat. See above for specific unit details and dates for the upcoming class.