

INNOVATIONS IN HEALTH AND WELLNESS: FROM THE OSHER COLLABORATIVE FOR INTEGRATIVE HEALTH EXPERTS



This course provides a unique opportunity to learn from the experts in the Osher Collaborative for Integrative Health, an international group of eleven academic health centers funded by The Bernard Osher Foundation to study, teach, and practice integrative healthcare.

The eleven Osher Centers are located at highly respected medical schools and medical centers and emphasize integrative healthcare approaches to promote health and well-being. Each Osher Center focuses on whole-person health and wellness using healing strategies such as acupuncture and East Asian Medicine, Ayurvedic medicine, yoga, massage, meditation, physical activity, and nutrition.

In this course, Osher Collaborative practitioners, researchers, and educators will discuss the science behind integrative healthcare remedies and explain its impact.

FRIDAYS, JANUARY 31 THROUGH MARCH 7

11am AK | Noon PT | 1pm MT | 2pm CT | 3pm ET

Each live session is 90 minutes

- Friday, January 31
- Friday, February 7
- Friday, February 14
- Friday, February 21
- Friday, February 28
- Friday, March 7

To register, please contact your local Osher Institute.