

# Osher Integrative Health: Navigating Chronic Illness in a Complex Healthcare System

This course, presented in partnership with the Osher Collaborative for Integrative Health, features expert speakers from their upcoming national conference, *Navigating Chronic Illness in a Complex Healthcare System*. Through engaging presentations and discussions, participants will explore how integrative health approaches can address the challenges of living with chronic conditions and help individuals make informed choices within today's increasingly complex healthcare environment. Topics will focus on whole-person care, patient empowerment, and practical strategies for managing long-term health concerns.



[Click here to view promo video.](#)

The Osher Collaborative for Integrative Health is a national network of academic health centers dedicated to advancing whole-person care. Through clinical innovation, research, and education, the Collaborative promotes evidence-based approaches that combine conventional and complementary therapies to support physical, emotional, and social well-being.

**FRIDAYS, JANUARY 30 THROUGH MARCH 6**

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

Each live session is 90 minutes

- Friday, January 30
- Friday, February 6
- Friday, February 13
- Friday, February 20
- Friday, February 27
- Friday, March 6

To register, please contact your local Osher Institute.