

The Ohio State University Center for Integrative Medicine

The 2009 Spring Class Schedule Side 1

Classes are held at the Center site located at 2000 Kenny Road unless otherwise indicated, Pre-registration required by calling 293-3944

Voluntary donations to The OSU Center for Integrative Medicine are welcome.

Integrative Nutrition/Nutrigenomics

Weds, Apr. 1: Nutritional Principles in Integrative Medicine, 5-7pm. Donations welcome

Weds, Apr. 15: Nutritional Principles in Integrative Medicine, 5-7pm. Donations welcome

Weds, May 6: Nutritional Principles in Integrative Medicine, 5-7pm. Donations welcome

Weds, May 20: Nutritional Principles in Integrative Medicine, 5-7pm. Donations welcome

Weds, June 3: Nutritional Principles in Integrative Medicine, 5-7pm. Donations welcome

Weds, June 17: Nutritional Principles in Integrative Medicine, 5-7pm. Donations welcome

In these classes you will: Learn about ways to improve your overall health and immune functioning through nutrition, supplements, and lifestyle. Classes can be taken separately.

Facilitated by Glen Aukerman, MD, and Laura Kunze, MAET

Advanced Nutrition Workshops for Dr. Aukerman's patients

Every Tuesday 5-6pm, Saturdays monthly, please call 614-293-9777 to register.

See www.medicalcenter.osu.edu/go/integrative for schedule of topics. Donations requested \$20

Focused Workshops on nutritional concepts for patients only. **Glen Aukerman, MD**

Ayurveda

Thurs, Apr. 23, 6-7pm: Personalized Diet and Nutrition According to Ayurveda

Thurs, May 28, 6-7pm: Personalized Diet and Nutrition According to Ayurveda

Thurs, June 25, 6-7pm: Personalized Diet and Nutrition According to Ayurveda

Ayurveda (the Science of Life) is a comprehensive system of natural health care. In this class you will learn proper dietary guidelines to maximize your health from the perspective of Ayurveda. You will learn the importance of the six tastes of food, the qualities of food, and how the time of day, seasons, your age, and your unique health status determine which foods are best for you.

Facilitated by Hari Sharma, MD, DABP, FRCPC, DABHM

Spontaneous Meditation and Health

Thurs, Apr. 2, 6-7pm: Spontaneous Meditation and Health. Donations welcome

Thurs, May 14, 6-7pm: Spontaneous Meditation and Health. Donations welcome

Thurs, June 4, 6-7pm: Spontaneous Meditation and Health. Donations welcome

In this class you will: Learn the importance of consciousness in the maintenance of your health. You will learn how disturbances in the flow of consciousness disrupt the physiology and how processes such as Spontaneous Meditation restore balance in consciousness, which has a profound healing effect. **Facilitated by Hari Sharma, MD, DABP, FRCPC, DABHM**

Yoga for Low Back Pain

Tues, Apr. 21, 6:45-7:45pm. Donations Welcome.

Tues, May 19, 6:45-7:45pm. Donations Welcome

Tues, June 16, 6:45-7:45pm. Donations Welcome.

Sessions can be taken individually or concurrently. **Facilitated by Linda Chun, MD, DABHM.**

The Ohio State University Center for Integrative Medicine

2000 Kenny Road Columbus, Ohio 43221

Phone: 614-293-9777 Fax: 614-293-9677

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The 2009 Spring Class Schedule Side 2

www.medicalcenter.osu.edu/go/integrative

Manipulative, Body-Based Medicine

Tues, Apr. 14: Postural Stability and Back Pain, 6-7pm. Donations welcome

Tues, May 12: Postural Stability and Back Pain, 6-7pm. Donations welcome

Tues, June 9: Postural Stability and Back Pain, 6-7pm. Donations welcome

In this class you will learn about treatment and prevention of common causes for back pain. Classes can be taken separately. **Facilitated by John Grandominico, DC**

Traditional Chinese Medicine, Acupuncture

Thurs, Apr. 9: Introduction to Traditional Chinese Medicine, 5-6pm. Donations welcome

Thurs, May 7: Introduction to Chinese Herbal Medicine, 5-6pm. Donations welcome

Thurs, June 11: What Can Acupuncture Help?, 5-6pm. Donations welcome

These classes are designed to enhance participants' understanding of aspects of Traditional Chinese Medicine. Can be taken separately. **Facilitated by David Wang, R. Ac**

Traditional Chinese Medicine, Acupuncture

Tues, Apr. 28: Acupuncture for Fertility(1) Chinese Medicine basic theories for Fertility, 7-7:30pm. Donations

Tues, May 26: Acupuncture for Fertility(2) How Acupuncture can help for Fertility, 7-7:30pm. Donations

Tues, June 30: Acupuncture for Fertility(3) Multi-Chinese Medicine treatments for Fertility, 7-7:30pm. Donations

Facilitated by Hailing Zhang, L.Ac

Massage Therapy

Mon, June 15: The Need to Be Kneaded, 5-6:30pm. Donations welcome.

This class will focus on the benefits of massage therapy for everything from relaxation to medical conditions. A fun class where you can come alone or with a partner.

Facilitated by Rhonda Crockett, LMT

Mind-Body Medicine (6-7:30pm)

Tues, Apr. 7: Introduction to Hypnosis for Health, 6-7pm. Donations welcome

Tues, May 5: Introduction to Guided Imagery For Health, 6-7pm. Donations welcome

Tues, June 2: Mind-Body Medicine for Stress 6-7pm. Donations welcome

These classes will introduce participants to mind-body techniques that can enhance health.

Facilitated by Karl Bachman, PhD

Art Therapy

Sat, Apr. 25: Open Studio Art Therapy 1-3pm. Donations welcome

Sat, May 16: Open Studio Art Therapy 1-3pm. Donations welcome

Sat, June 20: Open Studio Art Therapy 1-3pm. Donations welcome

In this group you will: Experience how Expressive Arts can open you to self-exploration, growth, and development.

Learn ways different art media and modalities can elicit multiple levels of healing for mind, body, and spirit. **Facilitated by Laura Kunze, MAET, ATR-BC, LCDCIH**

Orientation to the Center for Integrative Medicine (CIM):

Weds, Apr. 20: Intro to the CIM, 5-6pm. Donations welcome

Weds, May 25: Intro to the CIM, 5-6:30pm. Donations welcome

Mon, June 22: Intro to the CIM, 5-6:30pm. Donations welcome

What is Integrative Medicine? This class is designed for people who are interested in learning more about the treatment philosophy, process for becoming a patient, and services offered at the Center for Integrative Medicine. **Facilitated by**

Laura Kunze, MAET, ATR-BC, LCDCIH

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