Osher Lifelong Learning Institute at Vanderbilt

Integrative Medicine

March 21  Abby Cooper, Nutrition Coach and Educator
           Real Food for Busy People

March 28  Linda Manning, PhD
           Mindfulness: Aware, Embodied, Compassionate

April 4   Gurjeet Birdee, MD, MPH
           Engaging in Mind-Body Movement for Health

April 11  Blaire Morriss, ANP, CPHC
           Health Coaching: Sustainable Change

April 18  Roy Elam, MD, Medical Director
           Illuminating Chronic Pain: the New Science of Pain

April 25  Chongbin Zhu, PH.D., Lac, Associate Professor
           Acupuncture – an old and new concept for healthcare