







THE UNIVERSITY OF ARIZONA

Andrew Weil Center for Integrative Medicine

Integrative Health and Lifestyle program (IHeLp)

IHeLp is a 7-month online education with weekly expectations for completing asynchronous coursework, self-care assignments, and scheduled virtual live faculty-led sessions. See below for specific unit details and dates for the upcoming class.







UNITS		2025 IHeLp Curriculum Overview	
Orientation Dec 9 to Jan 19	Coursework <ul style="list-style-type: none"> Program Orientation Intro to Integrative Health & Medicine Self-Care: An Overview 		
UNIT 1 Jan 20 to Feb 23	Coursework <ul style="list-style-type: none"> Intro to Mind-Body Medicine Stress, Resilience, and Health Mindfulness and Meditation 	<ul style="list-style-type: none"> Sleep & Dream Health Physical Activity in Health Spirituality & Health Care 	 Self-Care <ul style="list-style-type: none"> Stress & Resilience Sleep Health Movement Spirituality
 Live Virtual Events <ul style="list-style-type: none"> Class Welcome Zoom 1/30/2025 Friday 1:30-3:30pm MST(AZ)** Self-Care Team Zoom (TBD) IH Healing Talks with Faculty 2/6/2025 · Thursday 12pm-1pm MST (AZ) ** IH Healing Talks with Faculty 2/20/2025 · Thursday 12pm-1pm MST (AZ) ** <p><i>**Post questions in online course dialogues</i></p>			
UNIT 2 Feb 24 to Apr 3	Coursework <ul style="list-style-type: none"> Anti-Inflammatory Diet* Environmental Health* Intro to Nutrition 	<ul style="list-style-type: none"> Micronutrients & Supplements Minerals Vitamins Common Dietary Supplements 	 Self-Care <ul style="list-style-type: none"> Healthy Environments Healthy Eating
 Live Virtual Events <ul style="list-style-type: none"> IH Healing Talks with Faculty 3/15/2025 · Thursday 12pm-1pm MST (AZ)** IH Healing Talks with Faculty 4/03/2025 · Thursday 12pm-1pm MDT (AZ)** Self-Care Team Zoom (TBD) <p><i>**Post questions in online course dialogues</i></p>			



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<p>UNIT 3</p> <p>Apr 7 to May 23</p>	<p>Coursework</p> <ul style="list-style-type: none"> Herbal Medicine: An Intro Aromatherapy & Health <i>Art of Blending Essential Oils (Select One Adv. course)</i> <i>Herbal Medicine: Advanced (Select One Adv. course)</i> Healing Relationships Phytonutrients Intro to Motivational Interviewing Energy Medicine Foundations Integrative Health Informatics Manual Medicine: Overview Whole Systems: An Intro Mind-Body Modalities <hr/> <p> Live Virtual Events</p> <ul style="list-style-type: none"> Retreat Prep/Q&A Zoom 5/15/2025 · Thursday 12pm-1pm MDT (AZ) Self-Care Team Zoom (TBD) <p><i>**Post questions in online course dialogues</i></p>	<p> Self-Care</p> <ul style="list-style-type: none"> Healing Relationships
<p></p> <p>TUCSON</p> <p>May 20-23</p>	<p>Educational Retreat - May 20-23, 2025 in Tucson, Arizona</p> <ul style="list-style-type: none"> - Connect with classmates and faculty face-to-face - Experience hands-on lectures - Explore self-care topics that you can apply to personal and professional practice 	
<p>UNIT 4</p> <p>May 26 to Jun 13</p>	<p>Coursework</p> <ul style="list-style-type: none"> Nutrition & Cardiovascular Health* Integrative Smoking Cessation Mental Health: Intro, Anxiety and Depression* Self-care Wrap-up Program Evaluation Grad Project <hr/> <p> Live Virtual Events</p> <ul style="list-style-type: none"> IH Healing Talks with Faculty 6/6/2025 · Thursday 12pm-1pm MDT (AZ)** Self-Care Team Zoom (TBD) <p><i>**Post questions in online course dialogues</i></p>	<p> Self-Care</p> <ul style="list-style-type: none"> Self-Care Wrap-up
<p>FINAL</p> <p>Jul 14 to Jul 27</p>	<p>Coursework</p> <ul style="list-style-type: none"> Final Exam <hr/> <p> Live Virtual Events</p> <ul style="list-style-type: none"> Graduation Zoom 7/28/2025 · 1:00-3:30pm MDT (AZ) Self-Care Team Zoom (TBD) 	

* Indicates Continuing Education Credit coursework (CME and CNE). CNE hours count towards AHNCC Holistic Nursing Board Exam eligibility. All IHeLp graduates become AWCIM alum and are eligible to apply for AWCIM's IHW Coaching Certification program.