



THE UNIVERSITY OF ARIZONA

Andrew Weil Center for Integrative Medicine

Integrative Health and Lifestyle program (IHeLp)

IHeLp is an 8-month online education with weekly requirements for completing asynchronous coursework, self-care assignments, and virtual live faculty-led sessions.

2026 IHeLp Curriculum Overview

Orientation | Jan 26 - Feb 8

Coursework

- Program Orientation
- Intro to Integrative Health & Medicine

- Self-Care: An Overview

Live Virtual Events

Class Welcome Zoom **2/5/2026 Thursday****
12-2:30 pm PST/1-3:30 pm MST (AZ)/2-4:30 pm
CST/3-5:30 pm EST

Unit 1 | Feb 9 - Apr 12

Coursework

- Intro to Mind-Body Medicine
- Stress, Resilience, and Health
- Mindfulness and Meditation
- Spirituality & Health Care
- Physical Activity in Health
- Sleep & Dream Health
- Intro to Nutrition

- Intro to Motivational Interviewing
- Intro to Integrative Mental Health
- Integrative Health Informatics
- Grad Project Overview

Self-Care

- Stress & Resilience
- Spirituality
- Sleep & Dreams

Live Virtual Events

Self-Care Team Meetups

- TBD (Mentor Led)

IH Healing Talks (Faculty Led)

- IH Healing Talks **2/26/2026** · Thursday 11am-12pm PST/12-1pm MST (AZ)/1-2pm CST/2-3pm EST
- IH Healing Talks **3/12/2026** · Thursday 11am-12pm PDT (AZ)/12-1pm MDT /1-2pm CDT/2-3pm EDT
- IH Healing Talks **4/9/2026** · Thursday 11am-12pm PDT (AZ)/12-1pm MDT/1-2pm CDT/2-3pm EDT

Unit 2 | Apr 13 - Jun 14

Coursework

- Manual Medicine: Massage & Bodywork

- Energy Medicine: Foundations
- Whole Systems: Intro

2026 IHeLp Curriculum Overview

- Mind-Body Modalities
- Anti-Inflammatory Diet
- Micronutrients & Supplements: Intro
- Minerals
- Vitamins
- Common Dietary Supplements

Self-Care

- Movement
- Healthy Eating

Grad Project

- Proposal & Production

Live Virtual Events

Self-Care Team Meetups

- TBD (Mentor Led)

Motivational Interviewing Skills-Building Workshop

- Faculty-led Virtual Workshop **5/7/2026 · Thursday 9am-12:15pm PDT (AZ)/10am-1:15pm MST/11am-2:15pm CDT/12-3:15pm EDT**

IH Healing Talks (Faculty Led)

- IH Healing Talks **6/4/2026 · Thursday 11am-12pm PDT (AZ)/12-1pm MDT/1-2CDT/2-3pm EDT**

Unit 3 | Jun 15 - Aug 16

Coursework

- Healing Relationships
- Herbal Medicine: An Intro
- Environmental Health: An Intro
- Aromatherapy & Health
- *Art of Blending Essential Oils: Advanced, Herbal Medicine: Advanced (Select One Adv. course)*

- Integrative Smoking Cessation

Self-Care

- Healing Relationships
- Environmental Health

Grad Project

- Production & Completion

Live Virtual Events

Self-Care Team Meetups

- TBD (Mentor Led)

IH Healing Talks (Faculty Led)

- IH Healing Talks **7/23/2026 · Thursday 11am-12pm PDT (AZ)/12-1pm MDT/1-2CDT/2-3pm EDT**
- IH Healing Talks **8/6/2026 · Thursday 11am-12pm PDT (AZ)/12-1pm MDT/1-2CDT/2-3pm EDT** (*optional*)

Final Unit | Aug 17 - Sep 13

Coursework

- Self-Care Wrap Up
- Final Exam

- Program Evaluation

Bonus Coursework

- *Anxiety, Depression, Nutrition & Cardiovascular*

2026 IHeLp Curriculum Overview

Health (Select One Adv. course)

Self-Care

- Wrap Up

Grad Project

- Reviews, Feedback and Grades

TUCSON | Sep 15-18

Educational Retreat

September 15-18, 2026 @ AWCIM Complex, Tucson, University of Arizona

- 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
- Required for graduation

Graduation requirements include completing all unit requirements, along with passing a cumulative final exam, graduation project, and participating in the in-person educational retreat. See above for specific unit details and dates for the upcoming class.