



The UC Center for Integrative Health and Wellness offers an experiential course in **Mind-Body Skills** for UC Law students

Mind-Body approaches are among the best known and most widely used of the complementary or integrative approaches to healthcare. Some examples are:

- Relaxation
- Mindfulness
- Guided Imagery
- Autogenic Training
- Biofeedback
- Journal Writing
- Movement
- Art
- Music

Mind-Body techniques put high value on and teach the power of **self-awareness** and **self-care**. In order for students to understand the potential of mind-body approaches, as well as apply them in professional and personal practice, we believe that they should experience these approaches themselves. Students who have previously participated in the UC Mind-Body Skills program report **decreased stress and negative mood, and increased empathy, resiliency, mindfulness, and positive mood.**

The course is offered at **no cost** to students across the Colleges of Medicine, Nursing, Pharmacy, Allied Health, CCM, DAAP, and Law. Spaces in the course are limited and students are asked to commit to attending all 9 weekly group meetings.

To apply, complete the registration form: <https://goo.gl/forms/Y8VTL3zuxsi8clBs1>

Fall course co-facilitators: Nancy Oliver and Sean Mangan

Meeting dates:

September 1 (12:30-2:30 PM)

September 22 (12:30-2:30 PM)

October 20 (12:30-2:30 PM)

September 8 (12:30-2:30 PM)

September 29 (12:30-2:30 PM)

October 27 (12:30-2:30 PM)

September 13 (7-9 PM)

October 6 (12:30-2:30 PM)

November 3 (12:30-2:30 PM)

For More Information

Contact: Susie McDonald susan.mcdonald@uc.edu or 513-558-5999

Visit: <http://www.med.uc.edu/integrative/student-faculty-wellness/student-workshops>