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/Y8VTL3zuksi8clBs1](https://goo.gl/forms/Y8VTL3zuksi8clBs1)

**Fall course co-facilitators:** Nancy Oliver and Sean Mangan

**Meeting dates:**

- September 1 (12:30-2:30 PM)
- September 8 (12:30-2:30 PM)
- September 13 (7-9 PM)
- September 22 (12:30-2:30 PM)
- September 29 (12:30-2:30 PM)
- October 6 (12:30-2:30 PM)
- October 20 (12:30-2:30 PM)
- October 27 (12:30-2:30 PM)
- November 3 (12:30-2:30 PM)

**For More Information**

Contact: Susie McDonald [susan.mcdonald@uc.edu](mailto:susan.mcdonald@uc.edu) or 513-558-5999

Visit: [http://www.med.uc.edu/integrative/student-faculty-wellness/student-workshops](http://www.med.uc.edu/integrative/student-faculty-wellness/student-workshops)