

Updates in Integrative Medicine and Health
November 10-12, 2016
Four Seasons Resort and Club Dallas at Las Colinas, Irving, Texas

Thursday, November 10

- 6:30 a.m. Registration and Continental Breakfast
- 7:30 a.m. Welcome and Course Overview
- 7:45 a.m. Updates in Nutritional Supplements
- 8:20 a.m. Updates in Acupuncture
- 8:55 a.m. Updates in Massage Therapy
- 9:25 a.m. Updates in Fibromyalgia and Chronic Pain
- 10:00 a.m. Q & A
- 10:15 a.m. Refreshment Break
- 10:30 a.m. Small Groups (Rotate every 30 minutes)
- Animal Assisted Therapy
 - Acupuncture
 - Massage Therapy
- 12:00 p.m. Adjourn

Friday, November 11

- 6:00 a.m. Breakfast with the Experts
- 6:00 a.m. Yoga
- 7:15 a.m. Course Overview
- 7:30 a.m. What is Stress? Does One Size Fit All? Age/Gender Differences
- 8:05 a.m. Stress and Cardiovascular Health
- 8:40 a.m. Stress and Diabetes: Two Way Connection
- 9:15 a.m. Physician Burnout
- 9:50 a.m. Q & A
- 10:05 a.m. Refreshment Break
- 10:20 a.m. Mind-Body Medicine Principles and SMART
- 12:20 p.m. Q & A
- 12:35 p.m. Adjourn

Saturday, November 12

- 6:00 a.m. Breakfast with the Experts
- 6:00 a.m. Tai Chi
- 7:15 a.m. Course Overview
- 7:20 a.m. Integrative Medicine and Women's Health
- 8:05 a.m. Nutrition and Wellness in Cancer
- 8:40 a.m. Probiotics
- 9:15 a.m. Alternative Medical Therapies
- 9:50 a.m. Q & A
- 10:05 a.m. Refreshment Break
- 10:20 a.m. Integrative Medicine in the Care of the Elderly
- 10:55 a.m. Mayo Clinic/Texas Panel Discussion: Cases and Experiences
- 11:30 a.m. Putting It All Together: Integrating Integrative Medicine into your Practice
- 12:05 p.m. Q & A
- 12:20 p.m. Adjourn