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UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE
CENTER FOR INTEGRATIVE MEDICINE

News and Schedule of Upcoming Events

October/November 2013



"I'm so glad I live in a world where there are Octobers."

~ L.M. Montgomery, *Anne of Green Gables*

Food Reactivity - Testing & Treatment



Symptoms of food sensitivity can range from bloating, diarrhea, and excessive gas, to eczema, chronic migraine, fibromyalgia, irritable bowel syndrome, and chronic muscle and joint pain. But you need not suffer!

[Click here](#) to read more and visit our clinic for testing and treatment.

Shortcuts

[On-Going Classes](#)
[Downtown Workshops](#)
[New Workshops](#)

Supplement Highlight: [Nutrametrix OPC-3](#)

On-Going Classes

At UMROI (formerly Kernan Hospital)

[QiGong with Kevin Chen](#) (Wednesdays at 5:15pm - 6:15pm) - small fee

[Tai Chi with Sean Vasaitis](#) (Sundays at 9:00am for beginners and 10:00am for Intermediate/Advanced) - Free

Downtown Workshops

At SMC Campus Center

[Writing for Wellness](#) - Dr. Michelle Pearce gently leads participants through carefully selected writing prompts to explore ways to heal, de-stress, and get healthier through the simple art of writing. No experience needed.

4-week session: starts Tuesday, November 5 from 12:00pm-1:00pm
Cost: \$5 for UMB students, \$120 for non-UMB students

New Workshops

At UMROI (formerly Kernan Hospital)

[Body Light Yoga](#) - "Light up your Life, Lighten up your Body: 12 weeks of Transformation" - includes 10 weeks of gentle yoga, meditation, breath work, and mindful eating tools; Reiki I & II training (on 2 Sundays); a grocery tour/educational field trip; cooking demonstrations; support; two individual mentoring sessions with the instructors; and more! Most sessions are held Tuesday evenings from 6:30am - 8:30pm, beginning October 15. Cost: \$835

[Meditation Group led by Dr. Michelle Pearce](#) - A 4-week introduction to mindful meditation to increase your ability to relax, improve self-esteem, find more joy in life, increase your ability to handle stress, and much more! The first session begins Wednesday, October 30 and runs from 4:00pm - 5:00pm. Cost: \$160

[Weight Management Group with Erin Peisach, RD, LDN](#) - In a 12-week program, Erin will guide participants on a holistic journey to weight loss through clean eating, selected supplementation, and use of complementary therapies, including yoga, relaxation techniques, acupuncture, and mindfulness. The workshop begins Monday, October 28 from 5:00pm - 6:00pm. Cost: \$349

[Men's Consciousness Transformation Group with Dr. Bill Rollow](#) - Did you know men are supposed to have emotions, too? In this 12-week group, participants will learn safe ways to bring feelings and patterns of thinking and behaving to consciousness and processed for better overall health and wholeness. The group meetings are Tuesdays from 6:00pm - 7:00pm, beginning November 5. Cost: \$480



A potent antioxidant supplement now available at our clinic.
[Click here](#) for details.

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Transforming Medicine Beyond Imagination

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