



News & Events

APRIL 2015

2015 Commencement Speaker Announced

Maryland University of Integrative Health is pleased to announce that Aviad Haramati, Ph.D., of Georgetown University will be its 2015 commencement speaker. Dr. Haramati has been a tremendous supporter of the work of MUIH and has been a significant contributor to the field and evolution of integrative health.

He is a professor of physiology in the departments of Biochemistry, Molecular & Cellular Biology and Medicine at Georgetown University School of Medicine. His research activities are centered on medical education and rethinking how health professionals are trained. [Read more](#)



Am I Hungry?® Mindful Eating Weekend Workshop



April 25 & 26

The nationally acclaimed Am I Hungry? Mindful Eating Workshop is based on the innovative Mindful Eating Cycle and gives you a simple, sustainable process for changing the way you think about food and physical activity. It combines the benefits of the mindful eating approach with the interaction, motivation, and support of an in-person

Featured Events

Nutrition Expo

April 11, 3 – 5:30 p.m.

Mindfulness Meditation for Well-Being and Happiness

May 6, 7 – 8:30 p.m.

Calendar

APRIL

Web Info Session: Doctor of Clinical Nutrition
April 9, 12 – 1 p.m.

Supercharge Your Diet with Superfoods
April 9, 7 – 8:30 p.m.

Landscapes of Traditional Herbal Medicine
April 11, 8:30 a.m. – 5:30 p.m.

Web Info Session: Nutrition and Integrative Health Programs
April 13, 7 – 8 p.m.

Web Info Session: Health Promotion Program
April 14, 12 – 1 p.m.

Webinar: Herbs for Spring Allergies
April 15, 7 – 8 p.m.

Web Info Session: Health and Wellness Coaching Programs
April 16, 7 – 8 p.m.

group. Led by MUIH health and wellness coaching alumni Robin Goble and Julie Reisler.

The workshop includes a fun and effective way to explore mindful eating with others, award-winning materials (including a book and workbook), daily inspirational emails after the weekend to keep you tuned in to the tools you have learned, and much more! [Learn more and register here](#)



MUIH in the News

Dr. Steffany Moonaz Publishes Study on Yoga and Arthritis in the Journal of Rheumatology

Dr. Steffany Moonaz, associate director of integrative health sciences, co-authored and researched a study titled *Yoga in Sedentary Adults with Arthritis: Effects of a Randomized Controlled Pragmatic Trial*. Dr. Moonaz and her fellow researchers found preliminary evidence suggesting that yoga may help sedentary individuals with arthritis safely increase physical activity, and improve physical health, psychological health, and health-related quality of life. [Read more](#)

Bevin Clare Named President of AHG

Associate Professor Bevin Clare was recently named president of the American Herbalists Guild (AHG), a national professional and educational organization for herbalists. Clare has been a longtime presence in the leadership of the organization and is honored and excited to work as president to bring the AHG forward during its third decade. [Read more](#)

Claudia Joy Wingo Awarded Honorary Life Membership to NHNA

Claudia Joy Wingo recently received an honorary lifetime membership to the National Herbalists Associate of Australia, joining just five other herbalists with the same distinction. In addition to serving as interim program director for the M.S. in Health Promotion at MUIH, Wingo is a clinical herbalist, certified naturalist, and RN.



Recipe: Chia Seed Pudding

This healthy treat is great when you want something healthy, sweet, and delicious. It takes very little time to prepare and is great in the morning for a quick and yummy addition to your breakfast. Serve with fresh fruit, eggs and veggies for a nutritious start to your day. [Get the recipe](#)

This recipe comes from Sara Cooper and Michele Wright, students in our Master of Science in Nutrition and Integrative Health program. You can sample

Sleep & Dreams

April 18 & 19

Webinar: Supercharge Your Diet with Superfoods

April 20, 7 – 8 p.m.

Webinar: Coaching Cafe

April 22, 7 – 8 p.m.

Webinar: Headaches and Migraines: The Chinese Medicine Approach

Apr 23, 7 – 8 p.m.

Am I Hungry? Mindful Eating Weekend Workshop

April 25 & 26

Web Info Session: Admissions and Financial Aid

April 27, 12 – 1 p.m.

Webinar: Yoga Teacher to Yoga Therapist: Making the Transition

April 27, 2 – 3 p.m.

MAY

Herb Walk for Herb Day

May 2, 2 - 4 p.m.

Webinar: Grow Your Own Home Medicine Chest

May 6, 12 - 1 p.m.

Graduate Programs Open House

May 20, 7 – 9 p.m.

Energetics of Food

May 30 & 31

See all Upcoming Events

their recipes and more at our **Nutrition Expo this Saturday from 3 – 5:30 p.m.**, hosted by our nutrition grad students. [Learn more and RSVP here](#)

In Case You Missed It...

Here are some of the most interesting health and wellness related articles buzzing around online right now.

[**A Lower Back Yoga Sequence from a Former NFL Linebacker**](#) **(Mind Body Green)**

Keith Mitchell, the former NFL linebacker turned yogi, teaches yoga postures with emphasis on the lumbar spine to current and retired NFL players for pain relief and injury prevention, as part of his mission to help heal the NFL.

[**How the First Bite of Food Sets the Body's Clock**](#) **(NPR's Morning Edition)**

Researchers are starting to learn why, when we cross time zones or pull an all-nighter, our bodies get out of sync.

[**Kindergarteners Talk About Mindfulness in "Just Breathe"**](#) **Short Film (Mindful)**

In the four-minute film, kindergarteners talk about coping with emotions and using meditation and breathing techniques.

[**Watch Your Back, Kale. Kelp Is Gunning For The Veggie Du Jour Title**](#) **(NPR's The Salt)**

With a little help, seaweeds like Knotted Wrack and Horsetail Kelp that grow along the Maine and New Hampshire coasts could make the same ascension as kale, and earn a regular spot on restaurant menus and dinner tables.

[**100 Women to Watch in Wellness**](#) **(Mind Body Green)**

If anyone's going to motivate you to be your best self, it's the ladies on Mind Body Green's 100 Women To Watch in Wellness list.

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