

# UC Center for Integrative Health and Wellness

---

## Vision

Our vision is to be transformational leaders in integrative health and wellness.

## Mission

Our mission is to improve the health of our local and global community through innovative, internationally-recognized research, education, clinical practice, and community engagement efforts focused on integrative health and wellness.

[www.med.uc.edu/integrative](http://www.med.uc.edu/integrative)  
[ucihw@uc.edu](mailto:ucihw@uc.edu)



## Wellness at Turner Farm Winter 2018 Community Education Series

---

**January 25**

**11a.m.-1p.m.**

Weight and Wellness  
Angela Fitch, MD

**February 22**

**11a.m.-1p.m.**

Cancer-resilient  
Cooking & Lifestyle  
John Sacco, MD

---

\$60/class

Farm-fresh lunch included

**REGISTER ONLINE**  
[www.turnerfarm.org](http://www.turnerfarm.org)



Learn more about the UC Center for Integrative Health and Wellness  
[www.med.uc.edu/integrative](http://www.med.uc.edu/integrative)  
[ucihw@uc.edu](mailto:ucihw@uc.edu)

Turner Farm is located at  
7400 Given Road  
Cincinnati, OH 45243

**Visit [www.turnerfarm.org](http://www.turnerfarm.org) for directions and to register**



Dr. Sian Cotton and students during Sept. 2017 Mindfulness for Stress Reduction program



**Reviews from previous participants in our 2017 community education**

- *"This course reinforced changes I'm already making and clarified some health-related questions I had."*
- *"The speaker was very knowledgeable and kept the attendees interested."*
- *"I'm looking forward to the next one!"*
- *"It was perfect! I learned a lot and the lunch was great."*
- *"This course reinforced my current beliefs in food as medicine."*



January 25  
11a.m.-1p.m.  
**Weight & Wellness**  
Angela Fitch, MD



Beyond the concept of "you are what you eat" lies the importance of a healthy diet for effective weight management. **Start the new year off right** and learn key concepts in understanding the relationship between food and optimal health, including:

- The role of certain macro-nutrients related to weight management
- The benefits of fiber in weight management
- How food timing relates to weight and health
- How to improve your gut microbiome with optimal nutrition

**Hands-on Teaching Kitchen Experience**

February 22  
11a.m.-1p.m.  
**Cancer-resilient Cooking & Lifestyle**  
John Sacco, MD



Optimize your diet to work for you. Our body's ability to fight disease and inflammation can be enhanced by the meals we prepare. Dr. Sacco will teach participants:

- How gene expression can be affected by dietary and lifestyle modification
- To identify at least 1 study showing the effect of diet and lifestyle on cancer progression
- How to design an appropriate diet for cancer treatment, survivorship or risk reduction

**Hands-on Teaching Kitchen Experience**