



Integrative Health Institute (IHI) Inaugural Conference: Contemporary Insights for Optimizing Health

MAY 13, 2016 / BERNARD SNELL HALL / 8440 112 St Edmonton

Keynote Speakers:

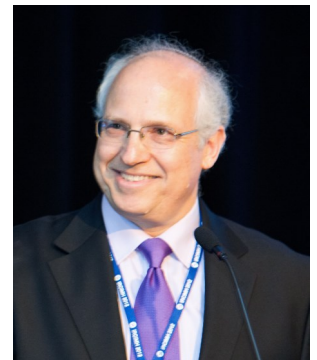


Mimi Guarneri, MD, FACC, ABIHM - "Effective Self-Care for Chronic Disease Management"

Board-certified in cardiovascular disease, internal medicine, nuclear medicine and holistic medicine, Dr. Guarneri is President of the Academy of Integrative Health and Medicine, Former President of the American Board of Integrative Holistic Medicine, and is Senior Advisor to the Atlantic Health System for the Center for Well Being and Integrative Medicine. Dr. Guarneri began her career at Scripps Clinic as an attending in interventional cardiology, where she placed thousands of coronary stents and then founded the Scripps Center for Integrative Medicine where she served as SCIM's Medical Director for 15 years. She is founder and director of Guarneri Integrative Health, Inc. and the Taylor Center for Integrative Medicine Education and Research in La Jolla, California where she resides.

Aviad "Adi" Haramati, PhD - "Mindfulness to Address Chronic Stress and Burnout: *An Educational Imperative!*"

Dr. Haramati is a Professor of Integrative Physiology in the Departments of Biochemistry, Molecular & Cellular Biology and Medicine (Nephrology), Director of the Center for Innovation and Leadership in Education (CENTILE), and co-Director of the CAM Graduate Program at Georgetown University Medical Center. Dr. Haramati led a broad educational initiative to incorporate complementary and integrative medicine into the medical curriculum at Georgetown; served as the founding Vice-Chair of the *Consortium of Academic Health Centers for Integrative Medicine*, and chaired several of the Consortium's *International Congresses on Integrative Medicine and Health*. Dr. Haramati seeks to improve medical education across the globe, especially with regard to the intersection of science, mind-body medicine and professionalism.



Patricia Herman, ND, PhD - "Could Integrative Approaches to Health Bend the Cost Curve in Health Care?"

Patricia Herman is a senior behavioral scientist at the RAND Corporation. She is an NIH/NCCAM-trained methodologist, resource economist, and licensed naturopathic doctor. For more than 30 years, Herman has conducted policy and cost-effectiveness analyses concerning water rights, recycling, energy and water conservation, and health care. She has written three books on economic evaluation methods; taught more than 100 workshops; published two systematic reviews of economic evaluations of complementary and integrative medicine; and co-authored a commissioned paper on the economics of integrative medicine for the Institute of Medicine's 2009 Summit on Integrative Medicine and the Health of the Public. Herman received her N.D. from Bastyr University and her Ph.D. in psychology program evaluation and research methods from the University of Arizona.