UCLA Health | Center for East-West Medicine

Suffering from

stress, fatigue, headaches, depression, anxiety or painful periods?

Experience and learn about self-care modalities like **acupressure, Tai Chi, mindfulness meditation, creative arts, using herbs, cupping and more!**

Enroll In

UCLA SUMMER SESSION A: MED 185

INTEGRATIVE EAST-WEST MEDICINE FOR HEALTH AND WELLNESS

Building resilience for the body, mind and spirit to thrive in our stressful world

June 26, 2023 – August 2, 2023

Mondays (Zoom) & Wednesdays (In-person)

5:00 – 6:00 PM PT

UCLA Summer Sessions

@uclacewm

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FAQ

WHEN IS THE COURSE OFFERED?

Only Summer Session. This year – Session A 6/26– 8/2

HOW MANY UNITS ARE PROVIDED?

5 upper division general education (GE) units in Basic Scientific Inquiry

WHAT IS THE COURSE STRUCTURE?

This course will have a hybrid structure with live zoom discussions on Mondays 5-6pm, in-person experiential workshops on Wednesdays 5-6pm and pre-recorded lectures and readings each week. Participation in both zoom discussions AND in-person experiential workshops is required.

HOW MUCH IS THE COURSE?

Please use the Summer Session fee calculator to find an estimate based on your student status (UCLA/UC/visiting/international).

DO I NEED PRIOR EXPERIENCE/COURSES IN SCIENCE OR MEDICINE TO TAKE THIS CLASS?

No, all are welcome. This course is open to students of all levels and career interests or careers from UCLA and beyond.

I AM A HEALTHCARE PROFESSIONAL. SHOULD I TAKE THIS COURSE?

Healthcare professionals interested in expanding their career in integrative medicine will also benefit from this course.

IS IT POSSIBLE TO TAKE THE COURSE WITHOUT CREDIT/ENROLLING THROUGH SUMMER SESSIONS OR REGISTRAR?

Yes, please contact Angela Ling (yling@mednet.ucla.edu) for more information.

FURTHER QUESTIONS?

Please contact Angela Ling (yling@mednet.ucla.edu).

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