AIHM ANNUAL CONFERENCE
People, Planet, Purpose
Global Practitioners
United in Health & Healing

Conference Highlights
• In-depth Clinical Tracks and High-yield Experiential Workshops
• Excellent Networking Opportunities
• ABOIM Board Review Course

OCT 30 – NOV 3
Paradise Point Hotel
San Diego, CA

OCT 29
OPTIONAL PRE-CONFERENCES
• Advanced Integrative Cardiology
• Manual Medicine
• Healing Touch Level 1 Training

NOV 4
CHI POST-CONFERENCE
CONSCIOUSNESS AND HEALING INITIATIVE
The Healing (R)evolution: From Science to Social Impact with Deepak Chopra, MD, Shamini Jain, PhD, and many more.

REGISTER NOW
www.aihm.org/aihm-conference

UC San Diego School of Medicine | AIHM Academy of Integrative Health & Medicine | Scripps
A Committee Welcome

We invite you to join us! The AIHM Annual Conference is a special time of year where we gather together for personal renewal and deep community connection. The AIHM Annual Conference blends the art and science of integrative health & medicine and provides many networking opportunities.

We believe that high-quality care should be accessible to all and it is time to set the new standard of care. Working together, we were particularly excited to see how Integrative Medicine, through prevention and addressing upstream factors of health, serves public health initiatives.

Over 800 interprofessional clinicians, researchers and academics are expected in San Diego for advanced lectures, expert panels, small group discussions, workshops, special evening receptions and more. Two health leaders—Scripps Health and UC San Diego School of Medicine—have come together with AIHM in support of this remarkable program.

We hope you will join us for what is being called “The Integrative Health & Medicine Conference of the Year.”

With much warmth,

Mimi Guarneri, MD, FACC, ABIHM & Bess Marcus, PhD

Planning Committee

Planning Committee Co-Chairs

Mimi Guarneri, MD, FACC, ABIHM*
President, AIHM
Medical Director
Guarneri Integrative Health, Inc.

Tabatha Parker, ND*
Associate Director Special Academic Programs, AIHM
President, Natural Doctors International
Adjunct Faculty Global Health, National University of Natural Medicine
UCSD Volunteer Clinical Instructor

Rauni Prittinen King, MIH, RN, HNB-BC, CHTP/I*
Board of Directors, AIHM
Executive Director
Miraglo Foundation & Guarneri Integrative Health Inc.

Planning Committee Members

Jennifer Blair, LAc, MaOM*
Acupuncturist / Senior Trainer
Penny George Institute for Health and Healing
Board of Directors AIHM

Bess Marcus, PhD*
Professor and Chair
Department of Family Medicine and Public Health; Senior Associate Dean for Public Health
University of California, San Diego

William Meeker, DC, MPH*
President
Palmer College of Chiropractic

Paul Mills, PhD*
Professor of Family Medicine and Public Health Director, Center of Excellence for Research and Training in Integrative Health; University of California, San Diego

Lucia Thornton, ThD, MSN, RN, AHN-BC*
Author, Consultant and Educator Holistic Nursing and Whole-Person Caring

Wendy Warner, MD, ABIHM*
Founder and Medical Director
Medicine in Balance, LLC

*Signifies 2016 AIHM conference faculty. Committee Co-Chairs pictured above; Committee members pictured below from left to right.
Educational Objectives

After attending this activity, participants should be able to:

• Discuss the importance of treating the whole person, mind-body-spirit
• Assess the value of a physician/patient partnership in improving health
• Evaluate the role of evidence-based integrative holistic medicine in the treatment and prevention of common medical conditions and chronic illnesses
• Incorporate integrative holistic medicine treatments into patient care, referring to specialists as necessary
• Utilize tools and resources provided to incorporate integrative holistic medicine into their practices/organizations
• Establish a network of like-minded practitioners from various disciplines and geographic areas

The Academy of Integrative Health & Medicine unites the many voices in integrative health to build bridges between professions and offer credible educational and certificate programs for licensed healthcare providers. The Academy empowers members by supporting true interprofessional and equitable collaboration. The Academy advocates for affordability and accessibility on behalf of patients and practitioners and builds leadership capacity with the next generation of caregivers. We are moving toward a new paradigm of health care for humanity and the planet.

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Advanced Integrative Cardiology

8 AMA PRA Category 1 Credits™
Date: Saturday, Oct. 29 | Time: 8:00 am–6:00 pm
Cost: $350; Members $300 (see more on rates page)

This workshop will provide an in-depth review of vascular biology and vascular aging, dyslipidemia and hypertension. Participants will be trained on integrative approaches to prevent and treat Coronary Heart Disease (CHD) and Cardiovascular Disease (CVD). At the end of the workshop, participants should be able to recommend personalized, evidence-based nutritional and lifestyle medicine approaches to their patients. Various case reports will also be presented.

Manual Medicine: Hands-On Healing in the Clinical Setting

8 AMA PRA Category 1 Credits™
Date: Saturday, Oct. 29 | Time: 7:30 am–5:40 pm
Cost: $350; Members $300 (see more on rates page)

The goal of this course is to introduce the use of palpatory skills for both diagnosis and treatment of dysfunction in the soma (body). Participants will be trained on the philosophy and theoretical approach to manual techniques from a variety of manual practitioners including Osteopaths, Physical Therapists, Chiropractors, and Massage Therapists. Participants will also learn the ability to make the proper referral to an appropriate manual practitioner.
Healing Touch Level I
with Rauni Prittinen King,
MIH, RN, HNB-BC, CHTP/I

Non CME Pre-Conference Workshop
Date: Friday, Oct. 28 and Saturday, Oct. 29
Time: 7:30 am–4:00 pm
Cost: $350

Learn Healing Touch Level One, a relaxing, nurturing energy therapy that uses gentle, heart-centered touch to assist in balancing physical, mental, emotional and spiritual well-being. This technique allows the body’s natural ability to heal through the human bio-field, energy centers and the energy field, works in harmony with standard medical care and is complementary to other healthcare systems.

More information, a detailed schedule and registration available online @ aihm.org/aihm-conference

Main Conference DAY 1—Sunday, October 30, 2016

6:30 am   Morning Renewals: Yoga/Meditation or Tai Chi
6:45 am   Breakfast
7:00 am   Registration Opens
7:45 am   Welcome, Introduction & Opening Ceremony—Mimi Guarneri, MD, FACC, ABIHM; Rauni Prittinen King, RN, HNB-BC, CHTP/I; Tabatha Parker, ND
8:00 am   The Transformative Power of Lifestyle Medicine—Dean Ornish, MD
9:00 am   The Slippery Science of Fat: Separating Fat from Fiction—Mark Hyman, MD
9:45 am   Integrating Care for Spinal Conditions: Innovation in the Veteran’s Health Administration—Anthony J. Lisi, DC
10:30 am  Break
10:45 am  Convergence in Health Creation: How Integrative Health Leaders are Shaping the Medical Industry—John Weeks
11:35 am  Conscious Leadership for the Future—Daniel Friedland, MD, ABIHM

12:30 pm  Lunch | Daniel Friedland, MD, ABIHM Book Signing at AIHM Booth

1:30 pm   Integrative Health and Public Health: Building Capacity and Collaboration—Bess H. Marcus, PhD
2:15 pm   Frontier Medicine—Shamini Jain, PhD
3:00 pm   Break
3:30 pm   Whole Person Caring: Our Common Ground—Lucia Thornton, ThD, MSN, RN, AHN-BC
4:15 pm   The Global Vision: A World to Care For—Mimi Guarneri, MD, FACC, ABIHM
5:15 pm   Adjourn

5:30 pm   Mimi Guarneri, MD, FACC, ABIHM Book Signing at AIHM Booth

7:15 pm   Crones & Sage School
Two sacred gender-specific spaces are created to share in reflection and deep supportive connection.

ABOIM Board Review

Faculty: Hal S. Blatman, MD, ABIHM; James Roach, MD, ABIHM; Wendy Warner, MD, ABIHM; Erika Cappelluti, MD, PhD, ABIHM, ABOIM

9 AMA PRA Category 1 Credits™
Dates: Monday, Oct. 31–Wednesday, Nov. 2
Time: 2:00 pm–5:00 pm
Cost: $350 for Members, $375 for Non-Members
Includes: Course; Online Practice Exam with 258 questions; 2015 ABOIM Review Course Online Videos

The American Board of Integrative Medicine (ABOIM) Review Course is designed for physicians preparing to sit for the American Board of Physician Specialties Board Exam in Integrative Medicine. This course was designed using the ABOIM exam blueprint and offers test takers 15 pre-recorded lectures, 6 high-yield live sessions and hundreds of professionally written practice questions. Perfect for experienced integrative physicians sitting for the May 2017 exam.

More information, a detailed schedule and registration available online @ aihm.org/aihm-conference

For faculty biographies and affiliations, visit our website @ aihm.org/aihm-conference
### DAY 2—Monday, October 31, 2016

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>6:30 am</td>
<td>Morning Renewals: Yoga/Meditation or Tai Chi, followed by Breakfast</td>
</tr>
<tr>
<td>7:15 am</td>
<td>The Importance and Implementation of Genomics and Epigenetics in an Integrative Practice (Non CME)</td>
</tr>
<tr>
<td>8:00 am</td>
<td>Break &amp; View Exhibits</td>
</tr>
<tr>
<td>8:15 am</td>
<td>Daily Welcome: Opening &amp; Intention</td>
</tr>
<tr>
<td>8:30 am</td>
<td>The Gift of the Green: The Wisdom of Plant Medicine—Tieraona Low Dog, MD</td>
</tr>
<tr>
<td>9:15 am</td>
<td>Break &amp; View Exhibits</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Roundtable of Professions (Full Audience Participation)—Moderators: Rauni King, RN; Lucia Thornton, RN; Tabatha Parker, ND; Susan Haeger</td>
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<tr>
<td>10:45 am</td>
<td>Professions Panel: Results of the Roundtable from Various Presenters RN, LAc, ND, MD, DC, MPH—Moderator: Mimi Guarneri, MD</td>
</tr>
</tbody>
</table>

#### Workshop 1: Botanical Medicine

- **1:30 pm** Herbal Medicine for the 21st Century: Adaptogens & Nervines—Tieraona Low Dog, MD

#### Workshop 2: Essential Nutrition

- **1:30 pm** Essential Nutrition: Regulatory Landscape for Nutrition Practice—Michael Stroka, JD, MBA, MS, CNS, LDN

- **2:15 pm** The Use of Botanicals in Pediatrics—Tieraona Low Dog, MD

- **3:00 pm** Hormone Balancing in Teens: Acne, Mood and Menstrual Issues—Wendy Warner, MD, ABIHM

- **3:45 pm** Break & View Exhibits

#### Workshop 3: Assorted Topics (Non CME)

- **2:00 pm** Healing the Gut Microbiome—Patrick Hanaway, MD, ABIHM

- **2:45 pm** Interpreting Nutritional Diagnostic Testing—Erica Oberg, ND, MPH

- **3:30 pm** Building a Smarter Gut for a Smarter Brain—Understanding the Gut-Brain Connection Through Ayurveda—Kulreet Chaudhary, MD

- **4:15 pm** Break & View Exhibits

#### Workshop 4: Translating Science into Practice

- **2:00 pm** Chiropractic and the Primary Spine Practitioner Model: Opportunities & Challenges—William Meeker, DC, MPH

- **2:45 pm** Osteopathic Medicine—Michael Kurisu, DO, ABIHM

- **3:30 pm** Utilizing Massage Therapists as Part of Lifestyle and Integrative Medicine Teams and Interventions—Ann Blair Kennedy, LMT, BCTMB, DrPH

#### Workshop 5: Manual Medicine

- **2:00 pm** Toxicities as the Primary Drivers of Chronic Disease—Joseph Pizzorno, ND

#### Workshop 6: Environmental Health (Non CME)

- **2:00 pm** The Diabetes Detox Cure—Joseph Pizzorno, ND

- **2:00 pm** Conventional Laboratory Tests to Assess Toxic Load—Joseph Pizzorno, ND

### DAY 3—Tuesday, November 1, 2016

<table>
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<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>6:30 am</td>
<td>Morning Renewals: Yoga/Meditation or Tai Chi, followed by Breakfast</td>
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<tr>
<td>8:00 am</td>
<td>Daily Welcome: Opening &amp; Intention</td>
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<tr>
<td>8:15 am</td>
<td>Vascular Health: Thinking Out of the Box—Mark Houston, MD, MS, MSc</td>
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<tr>
<td>9:00 am</td>
<td>Know Thyself: Quantifying your Human Body &amp; Its One Hundred Trillion Microbes—Larry Smarr</td>
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<tr>
<td>9:45 am</td>
<td>Break &amp; View Exhibits</td>
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<tr>
<td>10:00 am</td>
<td>Roundtable of Professions (Full Audience Participation)—Moderators: Rauni King, RN; Lucia Thornton, RN; Tabatha Parker, ND; Susan Haeger</td>
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<td>10:45 am</td>
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#### Workshop 4: Translating Science into Practice

- **2:00 pm** Healing the Gut Microbiome—Patrick Hanaway, MD, ABIHM

#### Workshop 5: Manual Medicine

- **2:00 pm** Chiropractic and the Primary Spine Practitioner Model: Opportunities & Challenges—William Meeker, DC, MPH

#### Workshop 6: Environmental Health (Non CME)

- **2:00 pm** The Diabetes Detox Cure—Joseph Pizzorno, ND

### Holistic Happy Hour

- **5:45 pm** Holistic Happy Hour | Richard Louv Book Signing in Exhibit Hall
### DAY 4—Wednesday, November 2, 2016

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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>6:30 am</td>
<td>Morning Renewals: Yoga/Meditation or Tai Chi, followed by Breakfast</td>
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<tr>
<td>8:00 am</td>
<td>Daily Welcome: Opening &amp; Intention</td>
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<tr>
<td>8:15 am</td>
<td>Blazing a Trail: Footsteps of Florence Nightingale—Barbara Dossey, PhD, RN</td>
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<tr>
<td>9:00 am</td>
<td>The Ecology of Healing: Spirituality, Science &amp; the Future of Medicine—Scott Shannon, MD, ABIHM</td>
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<tr>
<td>9:45 am</td>
<td>Break &amp; View Exhibits</td>
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<tr>
<td>10:30 am</td>
<td>Transforming Healthcare from the Point of Care - Case Reports—David Riley, MD</td>
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<tr>
<td>11:15 am</td>
<td>GMOs: Benefits, Risks, Unknowns—Nigel Crawford, PhD</td>
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<tr>
<td>12:00 pm</td>
<td>Lunch</td>
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#### Workshop 7: Interprofessional Developments
- 2:00 pm | The National Center for Integrative Primary Healthcare: Enhancing the Interprofessional Integrative Health Education—Liza Goldblatt, PhD, MPA/HA; Audrey J. Brooks, PhD; Patricia Lebensohn, MD

#### Workshop 8: Self as Healer
- 2:00 pm | Self as Healer: Awakening Intuition, Compassion and Authenticity—Henry Emmons, MD; Scott Shannon, MD; Rauni Prittinen King, MIH, RN, HNB-BC, CHTP/I

#### Workshop 9: Clinical Jazz – Interprofessional Case Studies
- 2:00 pm | Clinical Jazz: Interprofessional Cases—David Riley, MD; Wendy Warner, MD; Jennifer Blair, LAc, MaOM; Kulreet Chaudhary, MD

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<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>4:15 pm</td>
<td>Break &amp; View Exhibits</td>
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<tr>
<td>5:00 pm</td>
<td>Nonlocal Healing: The Big Picture—Larry Dossey, MD</td>
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### DAY 5—Thursday, November 3, 2016

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<th>Time</th>
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<tbody>
<tr>
<td>6:30 am</td>
<td>Morning Renewals: Yoga/Meditation or Tai Chi</td>
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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:30 am</td>
<td>Registration Opens, Breakfast</td>
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<tr>
<td>8:00 am</td>
<td>Daily Welcome: Closing Ceremony</td>
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<tr>
<td>8:15 am</td>
<td>The Science of Medical Cannabis—Donald I. Abrams, MD</td>
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<tr>
<td>9:00 am</td>
<td>Integrative Pain Management—Robert Alan Bonakdar, MD; FAAFP, FACN</td>
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<tr>
<td>9:45 am</td>
<td>Climate Change: Science, Spirituality &amp; Policy—Veerabhadran Ramanathan, PhD</td>
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<tr>
<td>10:30 am</td>
<td>Break</td>
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<tr>
<td>10:50 am</td>
<td>Evidence-Based Medicine: Integrative versus Allopathic—Paul J. Mills, PhD</td>
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<tr>
<td>11:35 am</td>
<td>The Wonderful World of Placebo—Irving Kirsch, PhD</td>
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<tr>
<td>12:20 pm</td>
<td>Lunch</td>
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<tr>
<td>1:30 pm</td>
<td>Mobilizing for Change—Susan Haeger</td>
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<tr>
<td>2:15 pm</td>
<td>Global Health &amp; the Future of Medicine—Tabatha Parker, ND</td>
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<tr>
<td>3:00 pm</td>
<td>Break</td>
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<tr>
<td>3:30 pm</td>
<td>Awards</td>
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<tr>
<td>4:15 pm</td>
<td>Closing—Mimi Guarneri, MD, FACC, ABIHM</td>
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<tr>
<td>5:15 pm</td>
<td>Adjourn followed by Annual President’s Reception at 5:30 + Special Event</td>
</tr>
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</table>

Come and see author Richard Louv speak **Tuesday at 5:00 pm** and have a book signed at the Holistic Happy Hour following his lecture. Louv is a journalist and author of nine books, including Last Child in the Woods: Saving Our Children From Nature-Deficit Disorder, The Nature Principle: Reconnecting with Life in a Virtual Age, and most recently Vitamin N: The Essential Guide to a Nature-Rich Life: 500 Ways to Enrich Your Family’s Health & Happiness.

Special complimentary events offered outside of the regular conference schedule. Please register in advance.
The Healing (R)evolution: From Science to Social Impact

6.25 AMA PRA Category 1 Credits™
Friday, Nov. 4, 2016, 7:30 am – 4:00 pm
Faculty: Deepak Chopra, MD; Shamini Jain, PhD; Larry Dossey, MD; Cassandra Vieten, PhD; Dean Radin, PhD; David Muehsam, PhD; Ruth Westreich; Lauren Evanow; Magalie Bonneau-Marcil, MA; Drew Dellinger, PhD; Mimi Guarneri, MD; Rauni Prittinen King, RN; Beverly Rubik, PhD; Neil Theise, MD; Richard Hammerschlag, PhD; Paul Brenner, MD PhD; Dan Vicario, MD; Julie Yau, PhD; Alessandra Colfi, PhD; Ping Ho, MA, MPH; Jan Phillips, MA; Marilyn Schlitz, PhD; James Fox; Poonacha Machaiah, MBA; Tiffany Barsotti, MTh; Sraddhalu Ranade; Emanuel Kuntzelman; Robert Schwarz, PhD

Learn, be inspired and be a part of the Healing (R)evolution!

How does consciousness reach under the skin and promote healing on the physical, emotional, mental and spiritual levels? Can we develop new technologies that assist us in being the agents of our own healing? How does our consciousness scale to solve societal problems and promote healing for all who live on the planet?

Join us for this groundbreaking post-conference gathering, co-sponsored by the Consciousness and Healing Initiative (CHI) and the AIHM—where scientists, healers, artists and social entrepreneurs will share their research, clinical perspectives, and innovations in consciousness and healing, from cells to communities.

For more information and registration visit: aihm.org/aihm-conference

Workshop Schedule

7:00 am Registration & Breakfast
8:00 am Opening Ceremony & Orientation
8:15 am Consciousness, Creativity & Healing: Social Applications
8:55 am Non-local Mind: Implications for Consciousness and Healing
9:35 am Facilitated Discussion with Larry Dossey, MD & Dean Radin, PhD
10:00 am Break
10:15 am Workshop I: SCIENCE - The Energy and Science of Healing & Connection—Moderated by David Muehsam, PhD
11:35 am Lunch
12:30 pm Workshop II: CLINICAL - Presence, Trauma & Transformation—Moderated by Robert Schwarz, PhD
1:45 pm Break
2:00 pm Workshop IV: SOCIAL IMPACT - Scaling Consciousness and Healing to Solve Societal Issues, —Moderated by Emanuel Kuntzelman
3:15 pm Break & Experiential Dance—Magalie Bonneau-Marcil, MA
3:45 pm Workshop III: ARTS, Consciousness & Healing Communities—Moderated by Ruth Westreich
4:30 pm Workshop V: TECHNOLOGY’s Role in Facilitating Healing—Moderated by Lauren Evanow
4:45 pm Cosmology and Social Justice—Drew Dellinger, PhD
5:30 pm Closing Panel (Non CME) —Deepak Chopra, MD & Drew Dellinger, PhD
5:45 pm Closing Ceremony
6:00 pm Adjourn
The burden of chronic disease is escalating at an alarming rate and the current healthcare system is simply ill-equipped to deal with it. This Fellowship was born from the vision that teams of health professionals trained in a broader, whole-person integrative care model can offer patients more choices and better outcomes, while offering greater satisfaction to those delivering the care. Come and join Tieraona Low Dog, MD, Seroya Crouch, ND, and an international panel of experienced interprofessional experts on a two-year inspiring and challenging journey. The Fellowship combines engaging online learning with residential retreats and clinical rotations, allowing you to reconnect with your passion for health and medicine without having to leave your practice. You can become part of the future of medicine today.

Eligible professions include: MD, DO, ND, DC, LAc, DDS, PA, APRN, RPh, PsyD, LCSW, RD, PT and more!

*ABOIM approved.

Apply now! Classes start each February and August. Scholarships are available.

CONFERENCES SPECIAL:
$1200 tuition credit if you complete your application within 14 days of this conference.

Want to learn more? Register for the Fellowship Luncheon at the conference and visit the AIHM booth.
Faculty Disclosure

In accordance with the ACCME Standards for Commercial Support, course directors, planning committees, faculty and all others in control of the educational content of the CME activity must disclose all relevant financial relationships with any commercial interest that they or their spouse/partner may have had within the past 12 months. If an individual refuses to disclose relevant financial relationships, they will be disqualified from being a part of the planning and implementation of this CME activity. Employees of a commercial interest with business lines or products relating to the content of the CME activity will not participate in the planning or any accredited portion of the conference. Disclosure will be made to all participants at the conference location, prior to the educational activity commencement.

Conference Fees & Registration

PRE-CONFERENCE WORKSHOPS (OCT. 29)
Advanced Integrative Cardiology; Introduction to Manual Medicine; Healing Touch Level One*

CHI POST-CONFERENCE (NOV. 4)
The Healing (R)evolution: From Science to Social Impact

Included: Electronic materials, breakfast and lunch
Rates: Early Bird $350; Standard $450; On-site $475
AIHM Member discount: $50 off
*Healing Touch Special Rate: $350

MAIN CONFERENCE (OCT. 30–NOV. 3)
Included: Access to conference materials (via mobile app) internet in meeting space, breakfasts, lunches and Sunday–Thursday evening events.

CONFERENCE HOTEL
Paradise Point Resort & Spa
1404 Vacation Road, San Diego, CA 92109
Phone: (858) 274-4630 | Reservations: (800) 344-2626
To receive reduced rates starting at $192/night, mention the AIHM Conference or use code “AIHMOCT2016” when making your reservation. You will receive a Complimentary Passport to Paradise which includes guest room internet, domestic phone calls, access to fitness center & guest recreational activities and parking.

ABOIM Review Course Pricing
The ABOIM Review Course is an add-on to your main conference registration. Add the ABOIM Review for only $350 for members, $375 for non-members.

Recording and Photography Clause
AIHM reserves exclusive rights to record (audio and video) and/or photograph all conference proceedings for use in marketing materials, presentations and course content sales.

<table>
<thead>
<tr>
<th>Profession</th>
<th>Extended Early Bird Rates</th>
<th>Standard Rates</th>
<th>On-Site Rates</th>
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<tr>
<td></td>
<td>Active Member (thru Sept 15)</td>
<td>Non-Member (thru Sept 15)</td>
<td>Active Member (Sept 16-Oct 18)</td>
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<tr>
<td>MD/DO</td>
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<td>$1175</td>
<td>$1158</td>
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<td>Other Health Professionals</td>
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<td>$775</td>
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<td>$585</td>
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<td>Day Rate</td>
<td>$350</td>
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For faculty biographies and affiliations, visit our website @ aihm.org/aihm-conference
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Global Practitioners United in Health & Healing

CONFERENCE CONTACT:
Maureen Helinski Clarke, CMP
(858) 534-3940
mhelinski@ucsd.edu

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