

# Health 112 Concept Overview (weekend design)

## Holistic Health & Healing-SPRING 2014

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## First Weekend Fri/Sat/Sun

<b>Date</b>	<b>Concepts</b> NOTE: You will find the concepts for each class listed below in your Health 112 course package. They are not in order. You will find the readings you need to do to prepare for the class cited after the description of the concept overview. Some of the readings for the course will be from articles within the package or from the course textbook.
Friday May 2, 2014 5pm-0750pm	<b>Introduction to the course</b> Establishing a collaborative classroom using a holistic educational approach
Saturday May 3, 2014 0930-1230	<b>Paradigm Shift</b> <b>Everything old is new again</b> NOTE: Readings outlined in package
Saturday May 3, 2014 1300-1550	<b>Holistic Health principles and philosophy</b> NOTE: Readings outlined in package
Sunday May 4, 2014 0930-1230	<b>Mind Body/Spirit connection</b> NOTE: Readings outlined in package
Sunday May 4, 2014 1300-1600	<b>Energy &amp; Healing</b> NOTE: Readings outlined in package

## Second Weekend

Date	Concepts (find the concept in your package not necessarily in order)
Saturday February 1, 2014 0930-1230	<b>Traditional Chinese Medicine</b> Guest: Dr. Chris Sihoe NOTE: Reading outlined in package
Saturday February 1, 2014 1300-1600	<b>Ayurvedic System of Healing</b> NOTE: Reading outlined in package
Sunday February 2, 2014 0930-1230	<b>Health and the environment</b> NOTE: Reading outlined in package
Sunday February 2, 2014 1300-1600	<b>Native Healing</b> Guest: Della Rice-Sylvester Traditional Native Healer NOTE: Reading outlined in package <b>****Order of speakers will be confirmed</b>

## Third Weekend

Concepts self care and modality presentations

Date	Concepts (find the concept in your package not necessarily in order)
Saturday June 14, 2014 0930-1230	TBA
Saturday June 14th, 2014 1300-1600	TBA
Sunday June 15, 2014 0930-1230	TBA
Sunday June 15th, 2014 1300-1600	TBA