

An Introduction to Integrative Medicine

View this presentation at <https://bit.ly/2NYjEPC>

YuFang Lin, MD walks through the practice of Integrative Medicine. Hear about techniques to support the body's natural ability to heal, reduce stress and promote a state of relaxation that may lead to better health.

Wellness Tools for YOU – Live, Virtual Classes

View the schedule at clevelandclinic.org/WellnessTalks

Virtual classes held weekly to support your health and well-being. Includes live courses on meditation, yoga, fitness and nutrition.



Women's Virtual Wellness Series – Recorded Health Talks

View the health talks at clevelandclinic.org/WellnessTalks

2020 Fatigue | Ashley Neuman, LPCC-S

Learn how to work through the stress of the pandemic by building your resiliency and practicing healthy coping behaviors.

Nutrition for Optimal Health | Kristin Kirkpatrick, MS, RDN

A fresh nutritional outlook, ditching old weight loss habits and embracing what works.

Immune Support | YuFang Lin, MD

A healthy immune system is necessary to stave off infections. Learn tips that help support your immune system.

Minding Your Muscles, Bones & Spine | Andrew Bang, DC

Learn more about your muscle, bone and spine health for better structure, posture, movement, energy and function.

Mindful Movement & Meditation – Videos on Demand

Locate this collection at clevelandclinic.org/PatientResources

Tai Chi

Tai Chi is a low impact exercise safe for all ages that can improve physical condition, cardiovascular health and balance and decrease stress and pain.

Yoga

The goal of calming and relaxation exercises is to help change the way you perceive a situation and react to it. And to help you feel more in control, more confident or secure, and to activate healing processes within the body.

Yoga – Come As You Are

Yoga can strengthen the key muscles that help with better balance and teach us how to keep a calm focus when we experience life's challenges.

Relaxation for Chronic Pain Meditation

Reduce pain and inflammation by shifting your focus to something quiet and calm.

Relieve, Relax, Recharge Meditation

Boost your physical and emotional success by embracing stillness and cultivating your inner calm.

Mindful Movement, Meditation and Cooking Demos – Videos on Demand

Locate this collection at bit.ly/3snzyBV

Breathing

Take a few minutes to experience the relaxing powers of relaxation by following your breath.

Meditation

Experience calm and centering through a variety of guided imagery.

Yoga

Enjoy a variety of Yoga videos to expand your movement practice.

In the Kitchen with Chef Jim and Dr. Mike Roizen

Culinary medicine cooking demonstrations that you can watch at home!