

## 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.

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## Wellness Tools for YOU – Live, Virtual Classes

View the schedule at [clevelandclinic.org/WellnessTalks](https://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](https://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](https://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.

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## Mindful Movement, Meditation and Cooking Demos – Videos on Demand

Locate this collection at [bit.ly/3snzyBV](https://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!