INTEGRATIVE MEDICINE SYMPOSIUM 2011
WHERE COMPLEMENTARY AND CONVENTIONAL UNITE
FRIDAY APRIL 8 & SATURDAY APRIL 9

EVENT LOCATION
Medical Wellness Center | Clinical Research Building
1120 NW 14th street | 9th floor | Miami | Florida 33136

HOSTED BY
The Center for Complementary and Integrative Medicine,
University of Miami Leonard M. Miller School of Medicine, University of Miami School of Nursing,
University of Miami Medical Wellness Center

SYMPOSIUM DIRECTORS:
Janet Konefal PhD & Leonard Smith MD

Register online
www.cam.med.miami.edu
Or Call 305.243.4751

UNIVERSITY OF MIAMI MILLER SCHOOL of MEDICINE
Mission Statement
The mission of the Integrative Medicine Symposium is to support medical health professionals in their leadership roles for the integration of conventional and complementary medicine.

Target Audience
Who should attend:
- MDs, DOs, and NDs
- Psychiatrists
- Physician Assistants
- Faculty in Residency Programs
- Medical School Faculty
- Medical, Health, and Public Health Students
- Community Health Practitioners
- Registered Dietitians and Nutritionists
- Nurses and Nurse Practitioners
- Other Health Professionals

Learning Objectives
The Participants will be able to:
- Incorporate evidence-based data on CIM approaches into clinical practice so that physicians can determine appropriate treatment for patients
- Integrate appropriate CIM treatments into practice
- Refer patients to CIM professional as appropriate
- Examine and evaluate non-pharmaceutical CIM treatments for health promotion.
- Incorporate non-pharmaceutical CIM treatments into patient care where appropriate
- Examine and evaluate non-pharmaceutical CIM treatments for chronic conditions.

The symposium format includes didactic presentations and panel discussions.

Accreditation
The University of Miami Leonard M. Miller School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education for physicians.

Credit Designation
The University of Miami Leonard M. Miller School of Medicine designates this educational activity for a maximum of 12 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

This seminar has been approved for a maximum of 12 General CEU hours for Florida Licensed: Marriage and Family Therapists, Mental Health Counselors, Clinical Social Workers, Dental Hygienists, Dentists, Nurses, Psychologists, Limited License Psychologists, Dietitians, Nutritionists, Nutrition Counselors, Licensed Midwives, and School Psychologists.

Chiropractors and DACBN Attendees
Please note that the Friday sessions marked with an asterisk (*) and all the Saturday sessions are approved for DC CEU and DACBN hours. It is required that you sign in and out at each session.

Evaluations
Conference evaluations are a valuable tool in assisting us to better serve you. Please remember to complete the evaluation forms and submit them at the registration desk.

Services for the Disabled
If special arrangements are required for an individual with a disability to attend this conference, contact Ronald Kanka at 305-243-4751 prior to the conference.

Disclosure and Conflict of Interest Resolution
All conflicts of interest of any individual(s) in a position to control the content of this CME activity will be identified and resolved prior to this educational activity being provided. Disclosure about provider and faculty relationships, or the lack thereof, will be provided to learners.
The IMS offers a unique opportunity to gain information about the most recent research and to observe or experience various forms of integrative medicine therapies. Clinical demonstrations will be available throughout the day in the Integrative Medicine Clinic Room #110, the Pool Area, the Studio Cycling Room #204, and various other locations throughout the Medical Wellness Center.

CIM Demonstrations will be given throughout the day in various locations in the Medical Wellness Center.

DEMONSTRATIONS

A variety of demonstrations will be available throughout the day in the Clinical Services area, the Spinning Room, the Swimming Pool area and other areas in the Medical Wellness Center. For some, you can participate or observe. Demonstrations are not approved for CME/CEU hours.

Session schedule

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DEMONSTRATIONS

STUDIO CYCLING - ROOM 204

Class IV Laser Treatments – a painless approach that can be used alone or with other CAM or conventional modalities for pain/inflammation. -- Dan Knapp, D.C.

Balance – A computerized nutritional assessment program that uses electrical measures to assess various conditions and then, based on input from clinical nutritionists makes a list of recommendations. -- Vaughn Cook, DOM

Quantum Reflex Analysis – targeted nutritional protocols and nutritional support products based on acupuncture and applied kinesiology. – Robert Marshall

ANSAR – is the innovator of noninvasive real-time digital autonomic nervous system monitoring device patented by MIT. -- Joe Columbo, PhD

INTEGRATIVE MEDICAL CLINIC - ROOM 110

Body and Auricular Acupuncture – Come get a stress release treatment or simply observe the needling technique. -- Janet Krause, A.P

Traditional Chinese Medicine – Experience/watch the application of pulse and tongue diagnoses as used today. -- Li Ping Chang, MD, A.P

Meta-E – A mind-body technique that uses a sequence of touch on acupuncture points to clear negative emotional states. -- Larry Goodman, D.C., M.S

SECOND FLOOR BALCONY

Chair and table massage treatments for stress and relaxation – Alumni Massage Therapists from Educating Hands School of Massage

SWIMMING POOL AREA

Tibetan Bowls, Tuning Forks, and Healing Sounds – Traditionally used for centuries to promote healing and enhance the sense of well-being. Experience the tranquil effects. -- Frank Willis

Look for additional demonstrations throughout the day!
SESSION 1

10:00 AM - 11:00 AM Natural Therapies and Macular Degeneration*
ROOM A
This talk will discuss the biology and effects of various natural products and therapies for macular degeneration. Four natural products and their beneficial effects on the retina will also be examined. -- Shalesh Kaushal, MD, PhD

10:00 AM - 11:00 AM The Basics of Functional Neurology *
ROOM B
Human cells, especially neurons, depend on a constant supply of oxygen and glucose, as well as microminerals for the regulation of the metabolic pathways associated with these substances. Demonstrations will show the clinical utility of various nutrients by observing the patient's neurological reactions to gustatory stimulation with nutrients such as immediate reduction of pain and increased range of motion in response to nutritional intervention. -- Wally Schmitt, DC, DABCN, DIBAK

10:00 AM – 11:00 AM MindBody Interventions and Breast Cancer:
ROOM 988a
What We Have Learned from Stress Management Trials Research
This presentation will review MindBody interventions that have been the focus of research attention in the context of breast cancer. Using cognitive-behavioral stress management intervention as an example, the presentation will explore the role of relaxation training, cognitive techniques for stress, social support and therapeutic setting as methods of reducing distress, enhancing quality of life and improving outcomes in breast cancer patients and survivors. -- Suzanne Lechner, PhD

SESSION 2

11:10 AM – 12:10 PM From Silent Spring to Silent Night:
ROOM A
A Tale of Toads and Men
This presentation focuses on the impact of endocrine disrupting chemical contaminants on wildlife and human health. There is a particular focus on the herbicide, atrazine, and its adverse effects on sexual development in wildlife and reproductive cancers in humans. -- Tyrone Hayes, PhD

11:10 AM – 12:10 PM Integrative Pediatrics *
ROOM B
A child is exceptionally vulnerable to his home environment and parental practices. Integrative pediatrics is all about prevention, good nutrition and healthy lifestyle practices. Integrative pediatrics looks for patterns of behavior that affect health, mood and family paradigms that work and do not work, focusing on overall health, family life, school and underlying temperament. -- Natalie Geary, MD, FAAP

SESSION 3

11:10 AM- 12:10 PM Integrative Approaches to Optimum Sleep
ROOM 988a
Wellness advocates often cite diet and exercise as the cornerstones of good health. Restful sleep, however, is a growing challenge in our society as many struggle with sleep problems such as insomnia, daytime sleepiness and fatigue. Ashwin Mehta, MD MPH, Clinical Assistant Professor of Medicine at the University of Miami will review integrative techniques to achieve restorative sleep and optimize the body's innate rejuvenating processes. -- Ashwin Mehta, MD, MPH

12:10 PM-12:30 PM Please Visit Our Complimentary Tasting Tables
EXHIBIT ROOM

12:30 PM - 1:30 PM The Integrative Nurse Coach:
ROOM A
New Directions in Nursing and Integrative Healthcare
This comprehensive, integral and holistic understanding of the complexity of human nature challenges us to strengthen and to engage ourselves fully at individual, shared, and collective levels to heal earth and its people. The time has come to increase our message of wellness and integrative health combined with traditional technology when appropriate. -- Barbara Dossey, PhD, RN, AHN-BC, FAAN

12:30 PM - 1:30 PM Eco-Nutrition: Environmental and Nutritional Impact on Health*
ROOM B
In today's world, we face many challenge for maintaining health and preventing disease. This workshop will examine current research on the environmental links to a multitude of health issues and the role of nutrition in enhancing the body's immune defenses and detoxification pathways. -- Susan Luck, RN, MA, HNC, CCN

12:30 PM -1:30 PM Research Update in Medical Applications of Massage Therapy
ROOM 988a
This presentation will include massage therapy research data on various conditions including prenatal depression, prematurity, attention and mood disorders, pain syndromes, autoimmune and immune problems. In addition, potential underlying mechanisms will be proposed for the effects of massage therapy. -- Tiffany Field, PhD

1:30- PM – 1:50 PM Please Visit Our Complimentary Tasting Tables
EXHIBIT ROOM
Friday April 8, 2011

SESSION 4

1:50 PM – 02:50 PM

Women’s Health, Hormones and the Matrix – A Functional Medicine Overview *

An overview of using applied biologic systems theory, i.e., the Functional Medicine Matrix, in assessing and addressing the biochemistry of diet, nutrients, toxins, endocrine disruptors and genetics in treating common hormonally based diseases in women (and men), including PMS, endometriosis, fibroids, menopause, andropause, breast and prostate cancers, osteoporosis, and healthy aging.

--Margaret Christensen, MD, FACOG

1:50 PM – 02:50 PM

Toward a Better Understanding of the Role of Consciousness in Healing

Topics to be discussed will include proposals of how we can optimize scientific studies to look at the question of whether consciousness plays a major role in cancer outcomes. Questions to be addressed will include dilemmas regarding the difficulty of studying something non-physical such as consciousness.

-- Eugene Ahn, MD

1:50 PM – 02:50 PM

Epigenetics and Fascia - the New Science of Subtle Energy and Cellular Function

We are vibrational beings. The time has come to move out of viewing humans as machines composed of material substance alone, and start to take advantage of what we know about how to affect cellular function by way of subtle energy and vibrational flow. Dr. Davis wrote Complementary Therapies in Rehabilitation, a common textbook for physical therapy.

--Carol M. Davis, DPT, EdD, MS, FAPTA

03:00 PM – 04:00 PM

Nutritional and Lifestyle Effects on Stem Cells*

This presentation includes data from peer reviewed literature on the influence of nutritional and lifestyle choices on human stem cell population. Certain fruits, vegetables, herbs and extracts thereof have been shown to stimulate stem cell mobilization and protect the limited reservoir of stem cells which decline with age.

--Neil Riordan, PhD

03:00 PM – 04:00 PM

Teaching Acupuncture and Other CIM Techniques in the Medical School Setting

Dr. Mora has extensive training in acupuncture and other CIM modalities. This presentation will address the different teaching methods of acupuncture and other Complementary and Integrative Medicine techniques to medical students as well as other health professionals in the medical school setting.

--Jorge Mora, MD, MPH

SESSION 6

04:10 PM – 05:10 PM

Integrative Medicine and Pain Management

This panel will discuss the applications of complementary therapies in pain management for different pain syndromes and patients. The panel will also discuss how various conventional medicine approaches combine with complementary and integrative approaches to form a holistic and comprehensive treatment for the patient.

-- Stephen J. Bekanich, MD
Christian Gonzalez, MD
Robert Irwin, MD
Ilana Newman, MD

04:10 PM – 05:10 PM

Health Promotion Research at UMMSM Center for Complementary and Integrative Medicine*

This panel will provide an overview and summary of several different studies, which focus on nutrition or exercise interventions and their primary outcomes on blood pressure, body composition, immunological functioning, and smoking cessation. Secondary outcomes and implications for future research will be discussed.

John Lewis, PhD
Karriem H. Ali, MD
H. Reginald McDaniel, MD

04:10 PM – 05:10 PM

Weaving Holistic and Integrative Nursing into Today’s Health

Integrative health care as an emerging paradigm within healthcare today, encourages nurses to combine their professional knowledge with holistic nursing philosophy, core values and competencies and new skills to enhance health and wellness. This panel brings together three leaders in the field of holistic and integrative nursing to explore the role of the nurse in an integrative healthcare paradigm.

Barbara Dossey, PhD, RN, AHN-BC, FAAN
Susan Luck, RN, BS, MA, HNC, CCN
Todd F. Ambrosia, PhD, DNPc, MSN, FACC, FNP-BC
Keynote Address: Dr. Mark Hyman, MD

Dr. Hyman is Chairman of the Institute for Functional Medicine, and was awarded its 2009 Linus Pauling Award for Leadership in Functional Medicine. He is an internationally recognized leader in functional medicine. Dr. Hyman has testified before the White House Commission on Complementary and Alternative Medicine, and has consulted with the Surgeon General on diabetes prevention. He has testified before the Senate Working Group on Health Care Reform on Functional Medicine, and participated in the White House Forum on Prevention and Wellness in June 2009. With Drs. Dean Ornish and Michael Roizen, Dr. Hyman crafted and helped to introduce the Take Back Your Health Act of 2009 into the United States Senate, to provide for reimbursement of lifestyle treatment of chronic disease.

CLINICAL NUTRITION SERIES

Two Examples of Current Community-Based Innovative Programs in Clinical Nutrition.
Track I and II presentations offer examples of current practices and applications of nutrition programs applied by clinicians in community settings. This portion of the Symposium creates the opportunity for critical discussion among practitioners, clinicians and researchers as well as the development of clinical research.

8:30 – 9:15 AM  Registration, Room A
9:15 – 10:45 AM  Keynote Address – Mark Hyman, MD, Room A

TRACK I - CLINICAL NUTRITION BASED FUNCTIONAL MEDICINE CURRICULUM  Room A

The following sessions are based on the Medical School Curriculum Consortium of the Institute of Functional Medicine (IFM) which has more than 35 medical schools in its membership. Dr. Smith is the medical director of the Integrative Medicine Symposium. Dr. Christensen is responsible for the development of the IFM medical school consortium which encourages medical schools to share their scientifically based curriculums with each other. The IFM offers assistance to medical schools interested in developing clinical nutrition curriculum.

11:00 – 12:30 PM  Margaret Christensen, MD, FACOG
Clinical Pearls for Creating Hormonal Health: A Functional Approach
A practical guide to evaluation of common antecedents, triggers and mediators that disrupt hormone metabolism with review of the biochemical pathways of estrogen metabolism, common findings on a nutritional physical exam, and the use of functional labs such as the 2/16 ratio and genomics. Demonstrate how to assist in balancing disturbances by modifiable diet, nutrient and lifestyle factors along with bio-identical HRT. Case studies will be presented.

LEARNING OBJECTIVES:
• Analyze, using clinical and functional outcomes, nutritional factors that support the energy production pathways.
• Examine the link between potential nutritional support and dietary strategies and stress reduction responses.

3:15 – 4:30 PM  Leonard Smith, MD
Assessing Nutritional Status Using Laboratory Tests
An overview of the application of various laboratory tests in assessing nutritional status of patients in general and patients with specific dietary problems.

LEARNING OBJECTIVES:
Apply laboratory testing for assessing and monitoring various nutritional substances including vitamins, minerals, fats and sugars.

TRACK II - DIPLOMATE IN CLINICAL NUTRITION CURRICULUM  Room B

Dr. Schmitt, the developer of a 180 credit program approved by the Board for the Diplomate in Clinical Nutrition is the primary presenter for this track. The material presented during this seminar has been adapted by the Family Medicine Residency program at St. Vincent’s Family Medicine Residency in Jacksonville.

11:00 – 12:30 pm  Wally Schmitt, DC, DABCN, DIBAK, & John Lewis, Ph.D.
Nutritional Interventions & Clinical Applications to Support Patients with Anxiety

LEARNING OBJECTIVES:
Examine the link between potential nutritional support and dietary strategies and stress reduction responses.

LUNCH BREAK
Nutritional Interventions & Clinical Applications to Support Patients with Mild to Moderate Depression

LEARNING OBJECTIVES:
Examine potential nutritional status indicators of mild to moderate depressed patients and identify potential nutritional support strategies. Demonstrate how the examination of protein and carbohydrate patterns can be used to recommend adjustments to dietary patterns to potentially support patients with mild to moderate depression.

3:00 – 4:30 PM  Nutritional Interventions & Clinical Applications to Support Patients with Sleep Problems

LEARNING OBJECTIVES:
Identify patients with various sleep disturbance patterns who might benefit from nutritional support supplementation and discuss some examples of potential nutritional supplements
Course Directors

Leonard Smith, MD  
Professor, Voluntary Faculty  
University of Miami Miller School of Medicine  
UMMMS

Janet Konefal, PhD, MPH  
Assistant Dean for Complementary and Integrative Medicine  
UMMMS

Guest Faculty

Karriem Ali, MD  
Principal Chief Scientific Officer  
Pharmacognosia

Mark Hyman, MD  
Institute For Functional Medicine, Chairman

Margaret Christensen MD, FACOG  
International Faculty  
Institute for Functional Medicine

Barbara Dossey, PhD, RN, AHN- BC, FAAN  
Director  
Holistic Nursing Consultants

Tyrone Hayes, PhD  
Chair and Professor of Integrative Biology,  
Museum of Vertebrate Zoology, Endocrinology,  
Molecular Toxicology, and Energy and  
Resources Group  
University of California, Berkeley

Shalesh Kaushal, MD, PhD  
Chairman of the Department of Ophthalmology  
University of Massachusetts

Susan Luck, RN, BS, MA, HNC, CCN  
Director for Program Development  
Integrative Nursing Institute  
Miami, FL

H. Reginald McDaniel, MD  
Founder and Director of Research  
Fisher Institute for Medical Research  
Grand Prairie, TX

Jorge Mora, MD, MPH  
Assistant Professor of Clinical Medicine  
Florida International University Medical School  
Miami, Fl

Neil Riordon, PhD  
CEO and President  
Medistem Laboratories, Inc

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Director  
Private Practice in Chapel Hill,  
North Carolina

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UMMMS

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Department of Neurology  
UMMMS

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Department of Psychiatry and Behavioral Sciences  
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John Lewis, PhD  
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Ashwin Mehta, MD, MPH  
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Hospitalist, UHealth  
UMMMS

Ilana Newman, MD  
Fellow, Palliative Care  
Department of Family Medicine & Community Health  
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UHealth/ Miller School of Medicine Faculty

Eugene Ahn, MD  
Assistant Professor of Clinical Medicine  
Hematology/ Oncology  
UMMMS

Todd F. Ambrosia, PhD, DNSc, MSN, FACC, FNP- BC  
Assistant Professor  
University of Miami School of Nursing

Stephen J Bekanich, MD  
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Family Medicine & Community Health  
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Carol Davis, DPT, EdD, FAPTA  
Professor Emeritus  
Department of Physical Therapy  
UMMMS

Tiffany Field, PhD  
Research Professor  
Pediatric Behavioral Research  
UMMMS

Natalie Geary MD, FAAP  
Executive Medicine Director  
Executive Medicine  
UMMMS

Christian Gonzalez, MD  
Multi-Specialty Pain Center, Director  
Department of Anesthesiology  
UMMMS
What can I expect from the Integrative Medicine Symposium?

Following the opening remarks, two sessions will be running concurrently throughout the day. Each session will be one hour with a 10 minute break in between except for the 2 breaks mid-day where you will have two 20 minutes breaks to visit the tasting tables and explore the Exhibit Room. This means you will have an opportunity to select up to six different presentations. In addition, there are clinical demonstrations provided throughout the day (see the Schedule on Page 3). The Exhibit Room is open from 9:00 AM until 5:30 PM.

Where can I find more information about the event?

For further details pertaining to the event, please log into www.wellness.med.miami.edu or call 305-243-7600 or 305-243-4751.

Where is the Symposium taking place?

The event will take place at the University of Miami Miller School of Medicine, Medical Wellness Center, which is located in the Clinical Research Building at 1120 NW 14th Street, Miami, Florida 33136. The Wellness Center is a 60,000 square foot state-of-the-art facility offering a 15,000 square foot fitness room featuring the latest in weight training and cardio-vascular equipment, three spacious group exercise studios featuring high-tech sound, Pasha’s Mediterranean Cuisine, an indoor cycling room, a therapy pool for aquatic classes, private men’s and women’s locker rooms, showers, whirlpools, steam rooms and dry saunas. Please log onto www.wellness.med.miami.edu for a map and driving directions.

What about parking?

Please log onto www.wellness.med.miami.edu for maps to conveniently located parking. The Wellness Center is located on top of the Clinical Research Parking Garage (CRPG).

When should I plan on arriving?

It is highly recommended that you arrive by 9:00AM, to give yourself plenty of time to park, get to the Medical Wellness Center, and be on time for the opening remarks.

Is an entrance fee required?

Friday:
UM Medical, Graduate and other Students – Complimentary
UM Faculty - $20
Physicians, Nurses and other Licensed Health Care Professionals - $40

Saturday:
UM Medical, Graduate and other Students – Complimentary
UM Faculty - $25 with early registration or $75 at the door.
Physicians, Nurses and other Licensed Health Care Professionals $125 with early registration or $150 at the door.

What are my options for lunch while attending the event?

There will also be tasting tables located throughout the event. Pasha’s Mediterranean Cuisine is conveniently located directly inside the Wellness Center Atrium. Approximately two blocks walking distance from the Wellness Center, you will find Subway, Chicken Kitchen, and a few other options or you may bring your lunch.

Q&A

How did you hear about this program?

[ ] Colleague [ ] Email [ ] Website [ ] Other __________________________ [ ] Brochure [ ] Flyer/Announcement

Check off the sessions you are registering for:

[ ] Friday for UM Medical and Graduate Students – Complimentary
[ ] Friday for UM Faculty - $20
[ ] Friday for Physicians, Nurses and other Licensed Health Care Professionals- $40
[ ] Saturday for UM Medical and Graduate Students – Complimentary
[ ] Saturday UM Faculty - $25 with early registration or $75 at the door.
[ ] Saturday Physicians, Nurses and other Licensed Health Care Professionals $125 with early registration or $150 at the door.

Mail to: Division of Complementary & Integrative Medicine
University of Miami Miller School of Medicine
1120 NW 14th Street, Suite 1472
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Fax credit card payment to: (305) 243-3648
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How did you hear about this program?

[ ] Yes! Please e-mail me about future events and news about the Division of Complementary Medicine

For those who may require additional assistance for on-site needs, please contact the Center for Complementary and Integrative Medicine at 305-243-4751 prior to April 2, 2011.

Americans With Disabilities Act. The University of Miami Health System/Leonard M. Miller School of Medicine fully complies with the legal requirements of the Americans with Disabilities Act and the rules and regulations thereof.
This CME Symposium is partially supported by:

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Friday April 8 & Saturday April 9

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