

BRIEF OUTLINE:

1. Introduction and discussion of the definition of health, complementary and alternative medicine and course objectives.
2. Designing a personal health diary and health goals.
3. Therapeutic Diets and Research support.
4. Are supplemental vitamins helpful?
5. Prescriptive exercise and well-being.
6. How to manage stress.
7. Music as enjoyment and therapy.
8. Aging and longevity: the research.
9. Spirituality and Aging.
10. Final thoughts and get together pot luck?