

Flex Week Proposal:

Title	What are the Alternatives?: An Exploration of Integrative Medicine	
Experience Category [bold your category]	Clinical shadowing Research-related Community Service	Professional Enrichment Courses (PECs) Professional Development Wellness
	Other:	
Goal	To give students an introduction to the different modalities in integrative and lifestyle medicine, as well as a more well-rounded understanding of health. Students will gain tools to take better care of themselves and their patients.	
Brief Description	Students will get exposure to a variety of disciplines related to integrative and lifestyle medicine through lectures and experiential learning. They will hear from professionals in nutrition, music therapy, acupuncture, etc., as well as interacting with physicians who practice integrative medicine.	
Organizer	Evette Yassa, MD Family Medicine Department yassaes@upmc.edu	
Admin Coordinator (contact info)	Evette Yassa, MD Family Medicine Department yassaes@upmc.edu	
Department	Family Medicine	
Capacity (# students)	10	
Location	Scaife West Wing, Zoom, and UPMC Center for Integrative Medicine	
Reporting Info	12 PM, Zoom	

Week	Start Date (Mon)	End Date (Fri)	Available?
30	2/24/25	2/28/25	X

Please note: the below schedule is subject to change

	MON	TUE	WED	THU	FRI
AM		Mindful Movement & Mind-Body Medicine Lecture; Sound Healing,	Nutrition Lecture & Teaching Kitchen 11 AM – 1:30 PM		
PM	Introduction session: Zoom 12 PM	Expressive Arts, & Meditation 11:00 AM – 2:00 PM		Ayurveda & Herbal Medicine 1 – 2 PM	Acupuncture, Acupressure, Wrap-Up & Reflect 12 – 2:30 PM

<p>Schedule splitting:</p> <p>Would it be possible for students to take SOME of the weekly schedule (e.g., just mornings or just a few half-days), or would you prefer that a student take the schedule in its entirety?</p> <p>[bold your choice]</p>	<p>Partial OK</p> <p>Full required</p>
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NOTES:

- Schedules should have activities for students at least 5hr/dy, with at least 2hr/dy synchronous
- Unlike PEC's, students will not receive grades/certificates for flex week completion