

Additional HEAL-IM Curricular Elements

HEAL-IM students also have the opportunity to participate in:

- [Mindfulness-based Stress Reduction](#), hosted at the [Susan Samueli Integrative Health Institute](#) in Costa Mesa, CA. This class is an 8-week series and meets once a week, 6:30-8:30 p.m.
- Basic Culinary Medicine is a hands-on elective series of five (5) modules that teaches first- and second-year medical students practical, healthy cooking skills paired with evidence-based whole food nutritional concepts. These skills will be applicable to the students' health as well as to future patients they will see with diet-related illnesses. [View an overview of the culinary medicine elective >](#)
- [Tai chi classes](#), taught by Dr. Shin Lin every Tuesday afternoon on the UCI School of Medicine courtyard.
- [Evidenced-based Supplements Conference](#), an annual conference hosted by Scripps Health in San Diego in January. The conference features nationally recognized speakers who review the latest evidence for the role of nutrition and selected supplements in health and disease.