

Background: Dr. Michelle Thompson, DO, AOBFP, ABOIM and her integrative wellness team will lead participants on a journey to find their balance. It is important to be mindful of what affects our happiness and accept the positive and negatives with gratitude.

Objectives: To educate participants how they can use simplicity to find peace through integrative approaches such as sound therapy, tai chi, qigong, aromatherapy, mindful healthy eating and mindful movement.

Description: Through Dr. Thompson and her team's expertise, participants will be taken through many different aspects of the field of integrative wellness while learning how to become better balanced in their daily lives. Many techniques have been scientifically proven to be beneficial within this frame of wellness. As each modality is explored, individuals will be taught its importance and how to implement outside of this conference.

Evaluation: By following the program with a Q&A session, the participants will be able to be evaluated for effectiveness by Dr. Thompson and her integrative wellness team.

Reflection: This session's intent is to bring a new balance to the participants' life and to learn life changing tools that they may not have been exposed to in the past. We are hopeful that the participants are able to better understand the way integrative wellness can impact their lives.