



AlterMed Research Foundation
Optimum Wellness through Integrative Medicine
1342 Jayhawk Dr., Suite 200, Ft. Collins, CO 80524

FOR IMMEDIATE RELEASE

Be healthy and resilient amidst stress and changes with mindfulness. Join us at the July 12th – 14th Colorado Integrative Medicine Conference (cIMc 2013), the Premier Integrative Medicine Clinical Applications Conference with evidence-based mind-body and lifestyle management tools for increased health, sustained happiness, and productivity.

Fort Collins, CO- May 1, 2013- AlterMed Research Foundation is pleased to announce their third biennial Colorado Integrative Medicine Conference (cIMc2013): focus on Mind-Body Medicine & Lifestyle Management, scheduled for July 12-14, 2013, at the YMCA of the Rockies in beautiful Estes Park, Colorado. The conference targets integrative and mental health professionals and is jointly sponsored by AlterMed Research Foundation and the University of Colorado School of Medicine to provide Continuing Medical Education credits to physicians and certificates of attendance to allied health professionals.

At the conclusion of the conference, participants should be able to apply and promote evidence-based strategies for healthy lifestyle management, implement mind-body therapies in clinical practice, use positive psychology and lifestyle behavior change tools to improve health, and counsel patients on the use of diet and nutritional supplements for physical and mental health conditions.

Conference highlighted speakers:

- James O. Hill, MD, world renowned obesity expert, from University of Colorado School of Medicine, will present on Promoting Healthy Lifestyles.
- Mihaly Csikszentmihalyi, PhD, world's leading researcher of positive psychology and of flow, widely cited and influential for his publications, will present on Past and Future of Positive Psychology and The Implications of Flow Experience for Well-Being and Health.
- Liana Lianov, MD, President of the American College of Lifestyle Medicine (ACLM) and Kathleen Jones, MA, will demonstrate the power of positive psychology in supporting lifestyle change.
- David Spiegel, MD, renowned psychiatrist and hypnosis expert, from Stanford University, will present on the neuroscience of hypnosis and the integrated relationship between behavior and health.

Additional topics will include: mindfulness/meditation research and practice, yoga for depression, use of diet and nutritional supplements for physical and mental health conditions, music therapy, and graceful aging with evidence-based hormones and stress management during and after menopause.

For more information or to register for cIMc 2013, visit <http://www.AlterMedResearch.org>

What people are saying about this conference:

“wonderful speakers,” “cutting-edge,” “leader,” and “especially looking forward to meet the legend – Dr. Csikszentmihalyi.”

About AlterMed Research Foundation: a 501(c)(3) non-profit organization dedicated to being a change agent, through research and education, to achieve full integration of evidence-based complementary and alternative medicine into conventional health care so all people can enjoy optimum wellness. Lisa Corbin, MD, FACP, is the President of the AlterMed Research Foundation Board and is the Medical Director at The Center for Integrative Medicine (TCIM) at the University of Colorado Hospital.

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