

My Health, My Responsibility Session 5

Integrative Health, is it for me?

[Worry Free Community](#) and clinicians from Dr. Shabazz's clinic, [Salaam Community Wellness Center](#), are hosting a monthly series of health dialogue webinars from *May 2022 to October 2022* to discuss:

- Wellness and Wellbeing
- Integrative Health approach and its role in achieving wellbeing
- Best practices for achieving wellness and maintaining health for different parts of our body
- and essentially answering the "**what matters to me**" question for everyone's own unique needs!

Share your stories and tell us WHAT WORKS for YOU!

One hour of Q&A with clinical experts

[**REGISTER**](#)

Live!



INTEGRATIVE HEALTH

Is it for me?

Explore:

- Integrative Health vs Integrated Health
- Osteopathic Manipulative Therapy, OMT
- Acupuncture Therapy

Sunday, Sept 25th
2 pm - 4 pm
1 hour
Panel Discussion

REGISTER

Understanding and Defining Wellness

Sunday
May 29th, 2-3:30 p.m.



My Stomach My Responsibility

Sunday
August 28th, 2-4 p.m.



My Brain My Responsibility

Sunday
June 26th, 2-4 p.m.



Integrative Health Is It For Me?

Sunday
September 25th, 2-4 p.m.



My Lung My Responsibility

Sunday
July 31st, 2-4 p.m.



What Matters to Me? My Health, My Responsibility

Sunday
October 30th, 2-4 p.m.



REGISTER



Dr. Patrice Muhammad, PA-C



Dr. Dana Vlachos, DO



Dr. Raul Cambridge

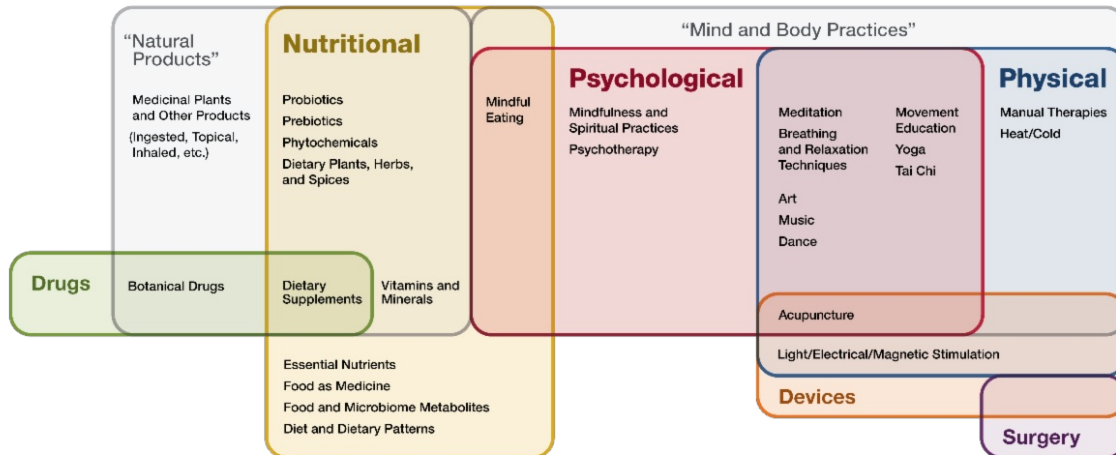


1 hour discussion with panelists



NIH'S Integrative Health Model

[Learn more about the NIH Integrative Health model and its implementations in the community](#)



Maintaining wellness for ourselves and our families is becoming increasingly difficult with the many healthy choices that we need to make in our ever-changing healthcare system.

BUT, we can work together to find well-being solutions that work best for us...

This is your stage

[Sign Up](#) and PARTICIPATE!

Forward the invite

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Worry Free Community | 1701 Bloomingdale Rd. | Glendale Heights, IL 60139 US

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