

**The James E. Dalen, MD, MPH, Distinguished Lecture for Health Policy Presents...**

## **Wellness in Action: Integrative Medicine Meets Public Health**

**Victoria Maizes, MD**

*Executive Director, University of Arizona Center for  
Integrative Medicine, Professor of Clinical Medicine,  
Family Medicine and Public Health*

**Friday, May 6, 2016**

5:30 PM • DuVal Auditorium  
1501 N. Campbell Ave.

**The lecture is free and open to the public.**

Visitor parking is available at the Banner – University  
Medical Center visitor parking garage at the rate  
of \$1.50 per hour, cash only.

**A**s a society we are moving from conversations about disease prevention to actively promoting health. The University of Arizona Center for Integrative Medicine is an international leader in training health care professionals and supporting community members in the elements of wellness including optimal nutrition, refreshing sleep, increased physical activity, positive relationships, avoiding environmental chemicals, and nurturing spirituality. These behaviors lead to an enhanced sense of resiliency and vitality. In Tucson as well as nationwide, a remarkable set of initiatives, ranging from school-based mindfulness programs to community gardens are being implemented and producing meaningful change. Dr. Maizes, will describe these exciting developments as well as the University of Arizona Center for Integrative Medicine programs that can help enhance well-being and improve the health of our society.



THE UNIVERSITY OF ARIZONA

**Mel & Enid Zuckerman  
College of Public Health**

### **The James E. Dalen, MD, MPH, Distinguished Lecture for Health Policy**

The endowment for the James E. Dalen Distinguished Lecture for Health Policy supports a series of visiting professors in health policy. These distinguished scholars offer lectures and discussions to our campus community and to the public on local, state, national and international health policy issues and connect the academic world with the “real world” of public health. James E. Dalen, MD, MPH, ScD (hon) has been a member of the University of Arizona faculty since 1988. He served as Dean of the College of Medicine from 1988 to 2001, and Vice President for Health Sciences from 1995 to 2001.



*For more information:*

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**DR. VICTORIA MAIZES** is the Executive Director of the UA Center for Integrative Medicine, and a Professor of Medicine and Public Health at the University of Arizona.

Dr. Maizes is internationally recognized as a leader in integrative medicine. She stewarded the growth of the Program in Integrative Medicine from a small program educating four residential fellows per year to a Center of Excellence training more than 1,000 fellows and residents annually. She was responsible for developing the Center's curriculum in integrative medicine and pioneered multiple educational innovations including Integrative Medicine in Residency; a national model for educating primary care physicians licensed worldwide by 67 residencies, and the Integrative Health and Lifestyle Program an Interprofessional lifestyle-training program.

As founding education co-chair of the Consortium of Academic Health Centers for Integrative Medicine, Dr. Maizes led a team of educators to create objectives for medical students in integrative medicine. Together with her team at the University of Arizona Center, collaborating partners, and a cooperative agreement with HRSA she is helping develop Interprofessional meta-competencies and a foundational course in integrative health.

Dr. Maizes is committed to pioneering change efforts that solve US health care system problems. Under her leadership the Center developed an innovative, integrative primary care clinical model, and she is carrying out research to assess the clinical and cost effectiveness of integrative care.

Dr. Maizes graduated from Barnard College of Columbia University, received her MD from the University of California, San Francisco, completed her residency in Family Medicine at the University of Missouri, Columbia, and her Fellowship in Integrative Medicine at the University of Arizona.

Dr. Maizes is the co-editor of *Integrative Women's Health* (Oxford University Press 2010; 2<sup>nd</sup> edition 2015) and the author of *Be Fruitful: The Essential Guide to Maximizing Fertility and Giving Birth to a Healthy Child* (Scribner 2013). She lectures worldwide to academic and community audiences on integrative medical education, women's health, nutrition, environmental issues, cancer, and healthy aging. In 2009, Dr. Maizes was named one of the world's 25 intelligent optimists by ODE magazine.