

**The University of Vermont Program in Integrative Health
and the Laura Mann Center invite you to the
Inaugural Integrative Healthcare Lecture Series**

**Tai Chi for Heart Health and Balance:
Research Evidence and Clinical Implications**

Peter Wayne, Ph.D.

*Assistant Professor of Medicine, Harvard Medical School, and
Director of Research, Osher Center for Integrative Medicine
based at Brigham and Women's Hospital and Harvard Medical School*

**Thursday, October 13, 2011
8:00 a.m. ~ 103 Rowell Building**
Reception immediately following
Free and open to the public



Dr. Wayne's current research, supported by NIH grants, focuses on evaluating how Tai Chi and related mind-body practices clinically impact a variety of health conditions (osteoporosis, balance impairment, heart failure, pulmonary disease, depression), and understanding the physiological, mechanical, and psychological mechanisms underlying mind-body practices' therapeutic effects. Peter also has more than 30 years of training experience in Tai Chi and Qigong, and is an internationally recognized teacher of these practices.

The Integrative Lecture Series Program is hosted by the UVM Program in Integrative Health
<http://www.med.uvm.edu/PIH>

with generous support from the **Laura Mann Center for Integrative Health.**
www.lauramanncenter.org

Questions? Please contact cara@lauramanncenter.org