



Community Med School™

A public lecture series for people interested in learning the natural health and healing secrets of traditional Chinese medicine.

Designed to share traditional Chinese medicine with our greater community, these lectures are presented by degreed health professionals, experienced with delivering scientifically valid information on natural health and healing in an engaging, easy-to-understand manner. These lectures offer a wealth of information on diet and exercise as medicine, t'ai chi, qigong, including acupuncture, herbal medicine, massage, meditation, yoga, nature's therapy and more.

“Preventive medicine is education, empowerment and personal responsibility” former Surgeon General of the United States C. Everett Koop M.D.

Quality health education programs have the potential to improve the health and quality of life for millions of people. Media messages about health can be overwhelming and confusing, and this is especially true for complementary and alternative medicine. For 5000 years traditional Chinese medicine has emphasized preventive medicine in the community. Fusing this ancient wisdom with the latest scientific findings in integrative medicine we provide outstanding health education programs, featuring expert advice on important health information.

Community Med School's Guiding Principles

- Greater education is needed for the safe and effective use of complementary and integrative medicine in the community.
- There is a need for more accurate, credible, health information that focuses on wellness rather than just fighting disease.
- There is a need for more interdisciplinary collaboration between western and eastern medical communities, to provide a more holistic approach to preventive medicine.

A Network of Health Promotion Partners

The Community Med School welcomes partnerships with others who share our passion and wish to be associated with our efforts. Partnering with groups as diverse as the University of Denver's OLLI program, Harvard Medical School's Osher Integrative Medicine Institute and the University of Oxford Dept. of Continuing Education, the program provides lectures at various locations in the community. We would be pleased to work with your organization in creating health promotion programs, keynote addresses, seminars and classes.

The Oxford Study: A Study in Lifelong Learning and Health Promotion

The work of promoting healthy lifestyles is of international importance, data collected through the Community Med School will add to the knowledge base of health promotion and behavior change. The study seeks to bridge the gap between world class research and finding solutions to the challenges in local community health promotion and to disseminate those findings internationally through the Oxford Roundtable and debates at Harris Manchester College in the University of Oxford.

“Community Med School™” is an initiative of the Living Younger Longer Institute, in partnership with the Colorado School of Traditional Chinese Medicine and the Chinese Medicine Community Organization (501C3).

For more information and to receive our newsletter call 303.744.7676
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