



Inspiring health  
and wellbeing

# College of Medicine

## Managing Stress and Building Resilience for a Healthy Heart for our Patients and Ourselves

**Organised by the Portland Centre for Integrative Medicine in collaboration with the College of Medicine.**

This whole day seminar is aimed at healthcare professionals, CAM practitioners and students interested in finding out more about stress, resilience, and cardiovascular health from an Integrative Medicine (IM) perspective.

**Engineers' House, The Promenade, Clifton Down  
Bristol, BS8 3NB**

**Friday 6<sup>th</sup> October 2017 9:00am to 5:15pm**



For more information, please visit the Portland Centre for Integrative Medicine's website: <http://portlandcentrehealthcare.co.uk/>

## What will happen at the seminar?

The day will deliver knowledge around models of stress and resilience, information about food and herbs for a healthy heart and some of the ground-breaking work of the Cardiologist's Kitchen. There will also be an opportunity to experience creative writing, Tai Chi and mindfulness - the day has been designed to satisfy both left and right brain!

## Who will speak at the seminar?

Speakers at the seminar include Dr Ali Khavandi (Consultant Cardiologist), Dr Andrew Morrice (GP), Dr Sally Moorcroft (Medical Herbalist), Helen Cooke (Nutritional Therapist), and Dr Elizabeth Thompson (Holistic Doctor and CEO of the Portland Centre for Integrative Medicine).

There will be an emphasis on self-care approaches including practical tips and strategies to use with your patients and clients. We hope you will leave this session with a better understanding of what IM can offer and inspiration for your day-to-day professional practice.

## Prices

Early Bird	£80, available until 6 <sup>th</sup> August 2017
Full Price	£100

Cost negotiable for those on lower incomes. For more information and to register your interest, please contact Patti Aberhart by emailing [education@portlandcentrehealthcare.co.uk](mailto:education@portlandcentrehealthcare.co.uk) or by calling 0117 973 8035.

## About the Portland Centre for Integrative Medicine

The Portland Centre for Integrative Medicine is a centre of excellence that provides Holistic Healthcare and supports self-care and healthy living. We combine the best aspects of conventional and complementary healthcare to deliver a holistic approach to health and wellbeing.

We are an employee-owned social enterprise, led by healthcare professionals. We deliver health and wellbeing clinics and courses in the South West of England. We also provide Integrative Medicine education, training, research and evaluation programs for clinicians and practitioners.