

UPMC Center for Integrative Medicine

Dedicated to increasing knowledge about safe and effective complementary and integrative medicine approaches.

2015-16 Lectures and Classes at the UPMC Center for Integrative Medicine
UPMC Employees receive 75 Take a Healthy Step points for attending. All lectures and classes at CIM.

December 2015

Mon. 12/07 – 12/28	2:00 – 3:15	Mindful Yoga (4 classes)	\$50	Deanna Burkett, MA, MS, RYT
Mon. 12/07 – 12/28	5:30 – 6:45	Kripalu Yoga Level I (4 classes)	\$50	Deanna Burkett, MA, MS, RYT
Mon. 12/07	7:00 – 8:15	Monthly Mindfulness Intro.	Free	Greco/Burkett
Wed. 12/2 – 12/16	3:00 – 5:00	Yoga Level II (3 classes)	\$38	Alicja W. Walczak, MS, CRS
Wed. 12/2 – 12/16	5:30 – 7:00	Yoga Level I (3 classes)	\$38	Alicja W. Walczak, MS, CRS

January 2016

Mon. 01/04 – 01/25	2:00 – 3:15	Mindful Yoga (4 classes)	\$50	Deanna Burkett, MA, MS, RYT
Mon. 01/04 – 01/25	5:30 – 6:45	Kripalu Yoga Level I (4 classes)	\$50	Deanna Burkett, MA, MS, RYT
Mon. 01/04	7:00 – 8:15	Monthly Mindfulness Intro.	Free	Greco/Burkett
Wed. 01/06 – 01/27	3:00 – 5:00	Yoga Level I (4 classes)	\$50	Alicja W. Walczak, MS, CRS
Wed. 01/06 – 01/27	5:30 – 7:00	Yoga Level II (4 classes)	\$50	Alicja W. Walczak, MS, CRS
Thurs. 01/07 – 01/28	6:30 – 8:00	Food For Life: Nutrition and Cooking Classes	\$40	Janet McKee, HHC, AADP
Thurs. 01/14	5:30 – 6:30	Tai Chi and Chi Kung Demonstration/Registration	Free	Jesse Prentiss
Thurs. 01/21	5:30 – 6:30	Functional Medicine and Functional Nutrition	Free	Karl R. Holtzer, MD
Thurs. 01/21 – 3/24	5:30 – 6:30	Tai Chi and Chi Kung (10 classes)	\$100	Jesse Prentiss
Sat. 01/23 – 03/19	11:00 – 2:00	Beginner's Shiatsu – Level I (No class Feb. 20th)	\$400	Kate Sherman

February 2016

Mon. 02/01 – 02/29	2:00 – 3:15	Mindful Yoga (5 classes)	\$50	Deanna Burkett, MA, MS, RYT
Mon. 02/01 – 02/29	5:30 – 6:45	Kripalu Yoga Level I (5 classes)	\$50	Deanna Burkett, MA, MS, RYT
Mon. 02/01	7:00 – 8:15	Monthly Mindfulness Intro.	Free	Greco/Burkett
Wed. 2/10 – 3/30	6:30 – 8:30	Mindfulness-Based Stress Reduction	\$300	Greco/Burkett
Thurs. 2/11 – 3/31	6:30 – 8:30	Mindfulness-Based Stress Reduction	\$300	Greco/Burkett
Fri. 02/18	5:30 – 6:30	Prolotherapy Injections to Strengthen Injured Tendons and Ligaments	Free	Ronald Glick, MD
Tues. 02/23 – 4/12	12:00 – 1:45	Mindfulness-Based Anxiety Reduction (8 classes)		Dinnie Goldring, LCSW
Tues. 02/23 – 4/12	2:30 – 4:15	Mindfulness-Based Anxiety Reduction (8 classes)		Dinnie Goldring, LCSW

UPMC Center for Integrative Medicine Team

Neal Ryan, MD, *Director*

Ronald Glick, MD, *Medical Director*

Administration

Jeanette Adams
Administrative Manager

Kathy Hecht
Administrative Assistant

Rhonda Mason
Office Assistant

Renna Temple
Office Assistant

Research

Christine McFarland
Research Coordinator

Michael Fetterolf
Research Specialist

Jerry Slutsky
Research Specialist

Practitioners

Deanna Burkett, MA, MS
Yoga and Meditation Instructor

Sari Cohen, ND
Naturopathic Counselor

Deborah Grice Conway, PhD
Psychotherapist

James Donnelly, MA
Psychotherapist

Dinnie Goldring, LCSW
Meditation Instructor

Carol Greco, PhD
*Assistant Professor of Psychiatry,
Meditation Instructor*

Karen Tombs-Harding
Ayurveda Therapist

Karl R. Holtzer, MD
Physician/Functional Medicine

John Laird, ND
Naturopath/Nutritionist

Jessie V. Larson, LMT
Massage Therapist

David Lesondak, BCSI
Structural Integrator

Dan Miller, DC
Chiropractor

Sharon Plank, MD
Integrative Medicine Physician

Michael Schneider, DC, PhD
Associate Professor

Adam Sedlack, MA
Psychotherapist

Kate Sherman, MSCP
Shiatsu Massage Therapist

Erin Simon, LMT, LLCC
Massage Therapist

Tricia Smith, LAc, M.S.
Acupuncturist

K.K. Teh, LAc, MAc
Acupuncturist

Greg Thorkelson, MD
Psychiatrist

Alicja W. Walczak, MS, CRS
Biofeedback, Yoga Instructor