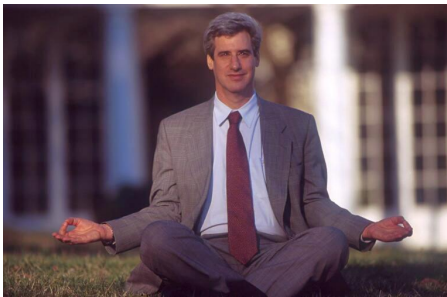




## May is Mental Health Awareness Month!



Being wholly healthy includes taking care of your body, your spirit and your mind. Mental health is affected by many factors, including stress, biology, trauma, and more. Some of the best advice I can give to my patients is to exercise, eat right, do what makes you happy and find an outlet for dealing with stress and hardships.

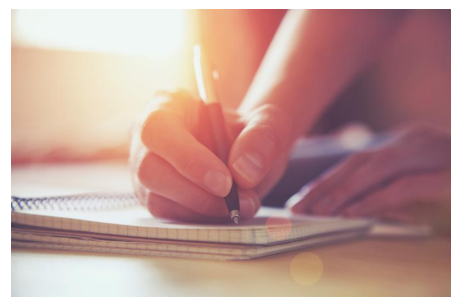
In this eNewsletter, we talk about writing as a tool for mental wellbeing and how what you eat affects how you feel. We also have many exciting events coming up - we hope you'll join us at one!

All best wishes,

Brian Berman, MD  
Professor, Family & Community Medicine  
Director, Center for Integrative Medicine  
University of Maryland School of Medicine

### Writing for Wellness: A Tool for Health and Healing

Writing is an effective way to deal with pain & suffering. Learn more and try out some helpful writing prompts from Dr. Michelle Pearce.



[Read more here](#)

## Food & Mood: What You Eat Affects How You Feel

What you eat is important to fight stress and combat or prevent depression. Learn what things are the most helpful.

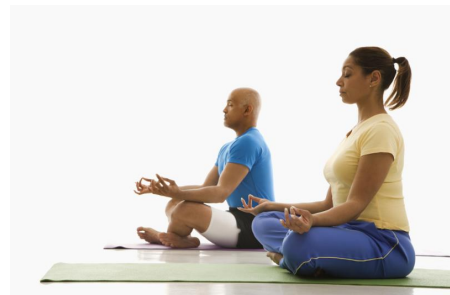
[Read more here](#)



## Lungs, Mind, and Breath: The Positive Effects of Yoga on Asthma

From our Cochrane CAM team: Asthma affects over 300 million people worldwide. Studies show that yoga may help them.

[Read more here](#)



# Now online!

UNIVERSITY OF MARYLAND SCHOOL OF MEDICINE  
CENTER FOR INTEGRATIVE MEDICINE  
**HEALTH & WELLNESS**  
Saturday, April 16 *conference* 2016



Presentation slides and stories about last month's Health & Wellness

Conference are now available on our website! [Click here for details.](#)

## Upcoming Events

**JOHNS HOPKINS KELLY GYNECOLOGIC ONCOLOGY SERVICE**

2016 BELOW THE BELT

# Stride and Thrive

5K AND 1-MILE RUN/WALK

SUPPORT CANCER RESEARCH AND LOCAL CANCER SURVIVORS

**Sunday, May 15**  
**8:30 a.m.**  
Goucher College

To register, please visit:  
[charmcityrun.com/hopkins](http://charmcityrun.com/hopkins)

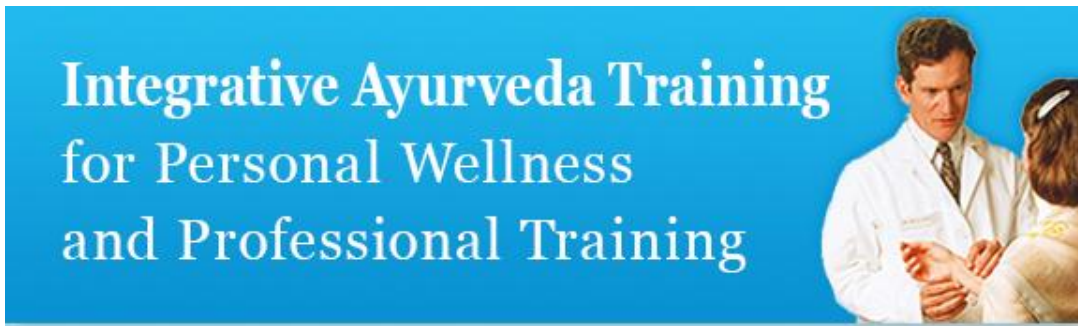
TO DONATE PLEASE VISIT: [CROWDRISE.COM/BELOWTHEBELT](http://CROWDRISE.COM/BELOWTHEBELT)

*Self-Healing Retreat*

FOR CURRENT & RECOVERING CANCER PATIENTS

[WWW.CIM.UMARYLAND.EDU/HEALINGRETREAT](http://WWW.CIM.UMARYLAND.EDU/HEALINGRETREAT)

Register now for Sunday, June 12 - Saturday, June 18, 2016 and/or Sunday, September 11 - Saturday, September 17, 2016. Click the image for details.



Click the image for details on this exciting program!

Also, register now for a FREE introductory lecture on Integrative Ayurveda on Wednesday, May 25th at 6:30pm at the UMB Campus Center in Baltimore.

[Click here for more details and to register.](#)

### Applied Integrative Medicine Training: Practical Skills for Health Care Providers



Register now for Module One today! Click the image for details.

Two sessions to choose from:

Monday, September 5 -Wednesday, September 7, 2016  
or Monday, January 23 - Wednesday, January 25, 2017

## Now Enrolling



**Tired? Low Energy? Difficulty Focusing? Overworked?  
You May Be Iron Deficient and Eligible for a Research Study!**

