

# Please join us for Medicine Grand Rounds, Integrative Approaches to Health and Wellness: Bridging Conventional and Holistic Care



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Board Certified Family Medicine

Thursday, August 28, 2025

12:30 p.m. to 1:30 p.m. CDT

HCA Houston Healthcare Tomball

The Founder's Room/WebEx

**Credit Designation:** HCA Healthcare Continental Division designates this live activity for a maximum of **1.0 AMA PRA Category 1 Credit(s)**<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



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<https://hcaconnect.webex.com/hcaconnect/j.php?MTID=m7d55ab96f1ce3b6681cac91444da0628>

### Description:

This presentation will explore the integration of conventional medical practices with holistic approaches to promote comprehensive health and wellness. Participants will gain insights into evidence-based strategies that combine nutrition, lifestyle modifications, mind-body techniques, and complementary therapies to optimize patient outcomes.

### Audience:

This course is designed for hospitalists, nurse practitioners, physician assistants, advanced practice nurses, registered nurses, allied health professionals, physicians, and residents.

### Learning Objectives:

At the conclusion of this activity, learners will be able to:

- Identify the principles and benefits of integrative medicine in primary care.
- Explore evidence-based practices such as nutritional interventions and stress management techniques.
- Discuss the role of complementary therapies in enhancing conventional treatments.
- Review case studies illustrating successful integrative approaches to common health conditions.

### Accreditation:

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of HCA Healthcare Continental Division and HCA Healthcare Gulf Coast Division. HCA Healthcare Continental Division is accredited by the ACCME to provide continuing medical education for physicians.

### Commercial Support:

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### Disclosure:

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