

Module Index

Module 1: Introduction to the Optimal Aging and Mind-Body Spirit Curriculum Series

Module 2: Demographics of aging

Module 3: Optimal aging and complementary/alternative health care

Module 4: Complementary/alternative techniques using the body as the main approach into healing modalities

Module 5: Complementary/alternative techniques using the mind as the main approach into healing modalities

Module 6: Complementary/alternative techniques using the spirit as the main approach into healing modalities

Module 7: Synthesis of the Optimal Aging and Mind-Body-Spirit Curriculum Series of Modules and conclusions regarding the topics discussed in the series

Module 8: Supplementary materials, including useful websites, references, and biographical and autobiographical articles about the founder of osteopathic medicine, Andrew Taylor Still, M.D.