

What are the Wellness Grand Rounds?

The Wellness Grand Rounds are expert lectures that are held monthly during the academic year at the SMC Campus Center. The lectures feature University of Maryland faculty members showcasing both their research and personal interests related to wellness and academic-life balance.



categories

- Cultural
- Emotional
- Environmental
- Ethical
- Financial
- Intellectual
- Physical
- Social

To learn more, visit us online at www.wellness.umaryland.edu.

How can I get connected to the Wellness Hub?

Visit us online at www.wellness.umaryland.edu.

 Facebook: Search "UMB Wellness Hub"

 Follow us on Twitter: "WellnessHub"

Visit us at the Southern Management Corporation (SMC) Campus Center on the 3rd floor.

Call 410-706-7767 or e-mail FLilly@umaryland.edu.

wellness hub GRAND ROUNDS



Wellness Grand Rounds Lectures

Better Together: Getting by With a Little Help From Our Friends

Sept. 30, 2010 | noon - 1:30 p.m. | SMCCC Ballroom B

Geoffrey Greif, DSW, MSW, is a professor at the School of Social Work where he has worked since 1984. He received his MSW from the University of Pennsylvania and his DSW from the Columbia University School of Social Work. He has appeared on numerous television and radio programs and his work has been cited in major news outlets. He is the author of ten books. His tenth book, *Buddy System: Men and Their Male Friendships*, was recently published. Greif, in this lecture, will explore friendships and their importance to our overall well-being and health.

Introduction to Qigong: The Wonder and Mystery of Chinese Medicine

Oct. 28, 2010 | noon - 1:30 p.m. | SMCCC Ballroom B

Kevin Chen, PhD, MPH, is an associate professor in the Center for Integrative Medicine and Department of Psychiatry at the School of Medicine. Chen is a NIH-funded investigator conducting clinical studies investigating the feasibility and efficacy of Chinese energy therapy for treating osteoarthritis and addiction. Chen is among the few scientists who have both first-hand knowledge of Qigong practice and active involvement in scientific research of Qigong in the U.S.

The Flu Affair: Unraveling Our Relationship With a Deadly Virus

Nov. 18, 2010 | noon - 1:30 p.m. | SMCCC Ballroom A

Lauren Hynicka, PharmD, is an assistant professor of pharmacotherapy at the School of Pharmacy and serves as a clinical pharmacy specialist on a general internal medicine team at the University of Maryland Medical Center. She received her doctor of pharmacy degree from the University of Pittsburgh School of Pharmacy and completed residency at Virginia Commonwealth University Health System in Richmond, Va. Her research interests include infec-

tious disease, immunology, pharmacoeconomics, and pharmacogenomics.

Environmental Activism in a Cynical Age

Dec. 9, 2010 | noon - 1:30 p.m. | SMCCC Ballroom A

Associate Professor Jane Barrett, JD, directs the University's Environmental Law Clinic. Barrett is a graduate of Loyola University Maryland and the University of Maryland School of Law. Most recently, she was in private practice at Blank Rome LLP in Washington, D.C. She has litigated multiple and complex criminal and civil environmental cases. She was also chief of environmental litigation and supervised environmental litigation within the District of Maryland. Barrett is intrigued by the power of citizen groups to create meaningful change.

Exercise for the Good, the Bad, and the Ugly

Jan. 27, 2011 | noon - 1:30 p.m. | SMCCC Ballroom B

Barbara Smith, PhD, RN, FAAN, FACS, is the associate dean of research at the School of Nursing. Smith completed her nursing training at Case Western Reserve University and her doctoral studies in exercise physiology at The Ohio State University. Her research interests include exercise intervention to improve health in cancer survivors and psychomotor functioning in adults with HIV. She has published widely in these areas.

Hormones, Sleep, and Your Health

Feb. 4, 2011 | noon - 1:30 p.m. | SMCCC Ballroom B

Jessica Mong, PhD, is an associate professor in the School of Medicine and received her PhD in neuropharmacology from the University of Maryland. She spent three years as a postdoctoral fellow in the Laboratory of Neurobiology and Behavior at the Rockefeller University in New York City. Her recent research has focused on the genetic and chemical basis for the induction of sleep. An understanding of how changes in hormone levels affect sleep is particularly relevant to individuals that report

disturbances in their sleep patterns and is the focus of this lecture.

Reducing Stress With Mindfulness

March 24, 2011 | noon - 1:30 p.m.
SMCCC Ballroom B

Deborah Rejent, DSW, MSSW, MA, is the associate dean for the master's program at the School of Social Work. Rejent received her MA from the University of California, Los Angeles and her MSSW and DSW from Columbia University. Her research interests include psychoanalytic practice, stress reduction approaches, and mindful-based practices.

The Future of Integrated Health Care

April 21, 2011 | noon - 1:30 p.m.
SMCCC Ballroom B

Brian Berman, MD, is a professor of family and community medicine and director of the Center for Integrative Medicine at the School of Medicine. Trained in family medicine and pain management as well as complementary medical approaches, such as traditional Chinese medicine, Berman has dedicated his career to evaluating the efficacy, safety, and cost-effectiveness of complementary and integrative medicine.

What Can the Amish Teach Us?

May 12, 2011 | noon - 1:30 p.m. | SMCCC Ballroom B

Braxton Mitchell, PhD, MPH, is a professor of medicine at the School of Medicine. Mitchell's research program utilizes a variety of genetic epidemiologic methods to try to dissect the genetic and environmental determinants of a variety of complex diseases, including type-2 diabetes, cardiovascular disease, stroke, hypertension, osteoporosis, and obesity. His recent research has focused on the Amish population and their unique contribution to our understanding of genetics and health.

**SMCCC is the Southern Management Corporation Campus Center.*