Once in a blue moon, someone with the vision, authenticity, and caring of a Jerome Kohlberg makes the space for extraordinary things to happen.

PRESIDENT’S LETTER

Dear Friends,

Towards the end of the summer, my wife, Sue, and I sat on the dock at the end of our garden as a large full moon rose over the water. It was the second moon of the month: a blue moon. The old saying “once in a blue moon” refers to something that happens only rarely, and at that moment of our lives, it was poignantly apt. Our thoughts were focused on a very dear friend, mentor, and supporter who had passed away that day. He was one of those few special people one meets in a lifetime who makes a very deep, meaningful impact. That person was Jerome Kohlberg.

The work we have been able to do at the Institute has been possible largely thanks to him—his extraordinary generosity, but also his firm belief that integrative health is the key for improving the health and well-being of all people.

Mr. Kohlberg benefited from integrative medical care over his life, and he believed others should also.

When he first introduced himself to me, standing alone in the lobby of my office, I was startled. I wasn’t expecting visitors and certainly had no idea that this unassuming gentleman in a well-worn baseball cap was such an eminent person. But this was his way; he determinedly informed himself on areas that he believed would make a difference to people, and then inconspicuously set about catalyzing needed change.

Over the years, he stood by Sue and me, relishing exploring uncharted waters and challenging the status quo in health care. He always remained anonymous in all his giving, but also never shied away from discreetly and effectively using his considerable stature to help us navigate the shoals.

Once in a blue moon, someone with the vision, authenticity, and caring of a Jerome Kohlberg makes the space for extraordinary things to happen. I am deeply grateful and hope that he, and others who support us, are proud of the accomplishments of the Institute over this past year. In particular, it was near to his heart to help veterans who served our country—as he did in World War II—as well as children from underserved areas, and also to spread integrative medicine globally. He was committed to pushing audacious thinking on health, sowing the seeds through our Scholars, Fellows, and Forums programs.

From this firm foundation, our vision of creating an epidemic of health will only gain in traction. We look forward to a busy and productive year ahead.

With my heartfelt thanks,

Brian Berman, MD
Founder and President
We develop innovative programs that empower people to adopt healthy lifestyles.

We support research examining the role environment plays in shaping health.

We advance model environments for integrative care and programs that foster healing relationships between patients and care-givers.

We support pioneering work that bears evidence about the nature of health and healing, and produces novel methods for scientific discovery.

Our nation is at the forefront of medical innovation, with state-of-the-art health care facilities and talented, well-trained professionals. Why then, do we have alarming rates of chronic disease and rising health care costs? The reasons are complex. A major contributor is our country’s emphasis on managing illness rather than promoting wellness. Medical care gets more than 90 percent of our country’s health budget, yet it accounts for just 10 percent of an individual’s health status.

The Institute for Integrative Health was created to catalyze bold ideas and courageously pursue them. We seek not only to improve care for those who are sick, but to help people achieve optimal wellness throughout their lives. Challenging the status quo, we bring together the brightest minds across fields and institutions to catalyze game-changing insights and solutions.

The future of health is alive at the Institute for Integrative Health. In the pages that follow, you’ll learn how we’re creating that future in community hubs, health care settings, schools, workplaces, and beyond. Thanks to the unwavering support of our donors and partners, we’re igniting an epidemic of health.
How did the Institute advance integrative medicine as the gold standard of medical care?

- The leaders of six top integrative medicine programs worldwide exchanged knowledge and developed recommendations for integrative care of cancer, trauma, and other problems at an Institute co-sponsored forum at the University of Zurich.
- We explored the newly-emerging understanding of pain caused by cross-talk between the gut and the brain, and examined the potential benefit of integrative treatment at an Institute co-sponsored gathering of biomedical and integrative medicine thought-leaders.
- We enabled a unique high-tech, high-touch healing environment for trauma victims by supporting an integrative team of therapists to provide music therapy, massage, and other complementary therapies at the world-renowned University of Maryland R Adams Cowley Shock Trauma Center.
- Institute President and Founder Brian Berman, MD, gave a grand rounds presentation on the topic of Humanism and Integrative Medicine at the R Adams Cowley Shock Trauma Center.

How did we empower people with knowledge and tools for healthy lifestyles?

- We expanded our educational offerings for health care professionals with classes that encompass the spectrum of integrative health, including the use of food, yoga, and mind/body therapies for stress, pain, anxiety, and other health disorders.
- The Institute launched a new wellness series of free events for health-conscious consumers. It included Sweet Confessions: The Scoop on Sugar; Optimizing Weight Loss, Digestion and Healthy Aging; Your Gut Health and Why it Matters; and Managing Stress through the Healing Arts.
- Individuals, families and students created over 1,860 healthy meals in our Mission Thrive programs.
- Mission Thrive Summer, our work-learn-and-earn program for Baltimore City high school students, employed 30 students, nearly doubling its annual enrollment since the program’s launch.
- We added 20 hours of experiential instruction to our Introduction to Integrative Health Training curriculum for crew leaders of our Mission Thrive Summer program.
- We launched a Cooking Coach Apprentice training module for our Five Times a Feast series to encourage participants to independently adapt and extend the program.
- Our Mission Thrive programs provided over 175 hours of free personal health and wellness education to people of all ages and backgrounds.

How did the Institute catalyze bold ideas to understand health and achieve breakthroughs?

- George Brainard, PhD, culminated his tenure as an Institute Scholar with his Capstone presentation, describing his contributions to a new lighting system for the International Space Station to support astronauts’ sleep at night and performance during the day.
- New Institute Scholar Paul Dieppe, MD, spoke about the healing response while featured in a BBC radio program, “The Problem of Pain – A Slow Motion Catastrophe,” which was heard by more than five million people in the United Kingdom and broadcast internationally.
- The Institute welcomed new Scholar Kurt Stange, MD, PhD, who is addressing how to re-invent the ideals of family medicine and community health in a new era of information and technology.
- The Institute welcomed new Fellow Jeffrey Greason, PhD, who is investigating how mindfulness affects the genes that trigger inflammation.
- The Institute illuminated the power of art to influence health through collaborations with: the American Visionary Art Museum, exploring the wonders of the creative human brain; the New Day Campaign, helping destigmatize mental illness and addiction; and artist Afsaneh Faridi, MA, BFA, presenting a course on the healing power of painting.
Understanding Pain and the Gut-Brain Cross-Talk

Recent discoveries reveal that the gut has a mind of its own—the enteric nervous system—where, just like the brain, millions of neurotransmitters send and receive impulses, record experiences, and respond to emotions. The gut can upset the brain just as the brain can upset the gut. This finding brings new hope for a more holistic understanding and treatment of pain from complex problems like celiac disease, irritable bowel syndrome, and anorexia nervosa.

In collaboration with the European Biomedical Research Institute of Salerno and colleagues at Harvard’s Massachusetts General Hospital, the Institute convened an international gathering of thought leaders from the biomedical and integrative medicine communities to explore new understandings of this mind-body connection. Up to now, management of chronic abdominal pain from gastrointestinal disorders as well as psychological/behavioral disturbances has mainly focused on treatment of the underlying disease. Very little has been done to gain more insight on the genesis of pain resulting from brain-gut cross-talk and how to alleviate it.

This unique forum encouraged an open, mutually-respectful dialogue recognizing that just as understanding the roots of disease is changing, so too is the approach to disease management. Through scientific and clinical case presentations, participants discussed future approaches to managing pain that are patient-centered, team-based, and utilize the best of conventional and integrative therapies.

The BrSM paradigm describes a novel clinical approach that leverages the body’s internal mechanisms to maintain and regain health. Today’s conventional Western physician typically treats an ill patient with a targeted treatment plan that focuses on the patient’s current state of health rather than the body’s inherent dynamic responses to treatment and healing. In August 2015, a landmark paper introducing an alternate approach, Bioregulatory Systems Medicine (BrSM), was published in Frontiers in Physiology as a result of a 2013 Institute forum, sponsored by Heel, and follow-on meetings in Europe.

The BrSM paradigm describes a novel clinical approach that leverages the body’s internal mechanisms to regain and maintain health. Drawing from new research advances in genomics and systems biology, the BrSM approach paves the way for medicine that’s cost-effective, patient-centered, and better able to achieve optimal health outcomes.
Best Practices for Integrative Patient Care

People who suffer from cancer, gastrointestinal disorders, and severe trauma often fare better when their treatment is augmented with acupuncture, herbs, music, massage, and other complementary therapies. The Institute co-sponsored an October forum at the University of Zurich that brought together leaders from six of the world’s top integrative medicine programs to exchange knowledge and identify best practices.

A wealth of divergent expertise resulted in a rich cross-pollination of ideas. Participants included Institute Scholar Claudia Witt, MD, who leads the University of Zurich cancer program, and representatives from the Institute-supported integrative care program at the University of Maryland’s R. Adam Cowley Shock Trauma Center.

Recommendations on program structure, integration, financial models, and clinical management will be published in peer-reviewed medical literature and inform future models for improving patient care.

Helping Veterans and Wounded Warriors Heal

In another step towards the future of holistic care, the Institute is creating opportunities for those who have served our nation to pursue healing through nature and the arts.

In the fall, work started on the Green Road, an outdoor healing environment on two acres of woodland at Naval Support Activity Bethesda, home of Walter Reed National Military Medical Center. Once completed, our research team will assess how spending time on the Green Road affects Wounded Warriors’ stress response and other psychological and physiological markers of health.

Also this year, we launched the Maryland Network of Arts and Gardens for Veterans program, which will expand veterans’ access to arts and nature activities that enhance well-being.

Growing the Future

In the coming year, the Institute plans to:
- Partner with the National Institutes of Health on a series of expert panel working groups focused on how to create the science to support an epidemic of health;
- Delve deeper into the healing significance of relationships between patients and health professionals.

A Tribute to Scholar Ellen Hughes, MD—1945–2015

Dr. Ellen Hughes, a cherished educator and physician, lived life as she inspired others to live: with joy, gratitude, profound spirituality, reverence of the great outdoors, and a deep commitment to others—most importantly, her family, friends, colleagues, and medical students.

As a clinical professor at the University of California San Francisco, Dr. Hughes was inspired by her students and their inner spark that propelled them to be healers. Honoring her with award after award—most inspiring teacher, most dedicated clinical professor, and UCSF’s first Humanism in Medicine Award, to name a few—they recognized her for tending that fire.

When she became an Institute Scholar, her bold quest was to unlock the key to healthy aging. Her inquisitive mind probed the secrets of telomeres, Blue Zones, and even playgrounds for adults. She eloquently distilled her knowledge into 10 tips that could easily benefit others.

Over the past few years, terminal illness never took away Dr. Hughes’ extraordinary spirit or her vocation. Her actions taught us that even in the face of aging or adversity, one can thrive and live a life that is meaningful and vibrant.

A guiding star in the Institute’s early years, Dr. Hughes significantly influenced our evolution as an organization. We’re exceptionally grateful for her contributions. Through the many ways she touched our lives, her memory and spirit endures.
The future of health is sprouting from city soil and being harvested by curious youth. It’s wafting through a church’s multi-purpose room, where congregants of all ages cook healthy meals together. It’s reverberating in their homes as they share the meals and recipes with family and friends. The future of health is inspired by the Institute for Integrative Health.

**Mission Thrive** is the Institute’s initiative to create experiential community health and wellness programs that can serve as replicable models. Our programs enable youth, teens, and adults to gain knowledge and skills that form the foundation of healthy lifestyles.

**Five Times a Feast**

**Removing Barriers to Healthy Home Cooking**

Based on the success of our Five Times a Feast pilot in November 2014, we expanded our collaboration with the Center for Grace-Full Living at Amazing Grace Lutheran Church to provide a full eight-week cooking series.

While preparing healthy meals, participants ranging in age from four to 60+, honed their culinary skills, expanded their nutrition knowledge, and learned time- and money-saving strategies of bulk cooking. A shared meal at the end of each session provided a chance for participants to strengthen social connections and celebrate the fruits of their teamwork. Taking home five additional servings, they continued to reap the benefits of one evening’s efforts in the week that followed.

To encourage Five Times a Feast host organizations to continue cooking activities when the series is over, we introduced a Cooking Coach Apprentice training, enabling former participants to lead classes.

**Diabetic Woman Finds Healthy Path**

Before taking part in the Institute’s Five Times a Feast cooking series at Amazing Grace Lutheran Church, Ms. Carol knew her poor diet was harming her health. “I would eat junk food, drink sugary drinks… fried foods,” she said. “My doctor’s been telling me… I’m diabetic. I have high blood pressure. I need to change my eating habits, or it will do harmful things to my body.”

As is the case for many people, awareness of the consequences wasn’t enough to incite a turn-around in Ms. Carol’s habits. Neither was access to information. Cookbooks of healthy recipes gathered dust at her home.

But Five Times a Feast’s enthusiastic food educator, supportive team environment, and ingredients for delicious, healthy meals inspired a transformation in Ms. Carol. After two months, she saw a decrease in her weight and blood pressure, had gained better control of her blood sugar, and had begun riding a bicycle around her neighborhood.

“Five Times a Feast assisted me in reaching the goals that both my doctor and I want for me.”

To carry the program’s influence forward, she became a Five Times a Feast Cooking Coach Apprentice and now leads cooking sessions at the church.
A seed planted two years ago has blossomed into a leader who’s shaping the future of health in his community.

Mikal was a shy freshman at Patterson High School when Alicia Diehl, then an Institute-supported HealthCorps coordinator, met him in the school’s garden in 2013. Ms. Diehl, now a member of the Institute’s community programs team, recalls “he was quiet in the classroom and didn’t interact much with his peers. But one-on-one, he was very engaged.”

She learned he was fascinated with growing food and gave him plants to raise with his grandmother in the family’s backyard.

Mikal got involved with the Mindfulness at Patterson Partnership, a collaboration spearheaded by the Institute that introduced a curriculum of yoga, breathing exercises, and silent reflection at the school. His curiosity piqued, Mikal peppered Ms. Diehl with questions about yoga and meditation and read up on the subjects. She gave him a yoga mat, and he began to practice at home.

With his enthusiasm for healthy living, Mikal was poised to become a leader in Mission Thrive Summer 2015. While building on his existing knowledge and skills, the experience developed his social side, enabling him to become a stronger communicator and supportive team member.

“The program helped us see each other as different people and understand each other better,” said Mikal. “I had to be more open to ideas. So it kind of challenged me, but I got better at it.”

Mikal now leads yoga and gardening projects at the Park Heights Community Health Alliance, and volunteers with the B’More Healthy Communities for Kids program. He hopes to return for Mission Thrive Summer 2016.

“Nurturing a Young Health Advocate”

Key to the program’s success are its Crew Leaders, recent college graduates who serve as mentors and coaches, guiding students’ experience and participating alongside them. We enhanced Crew Leaders’ preparation for the summer, adding 20 hours of experiential instruction to their Introduction to Integrative Health training.

“Mission Thrive Summer Program Doubles to Meet Demand”

Program Doubles to Meet Demand

Accepting the charge from local supporters to engage more Baltimore City youths in summer programming, we nearly doubled enrollment in Mission Thrive Summer this year, compared to the 2013 pilot year. We hosted 30 Baltimore City public high school students in the five-week program, collaborating again with Civic Works’ Real Food Farm and YouthWorks.

Set on a seven-acre urban farm, Mission Thrive Summer integrates farming, cooking, nutrition, mindfulness, physical fitness, and life skills, exposing students to an array of healthy lifestyle choices.

“A seed planted two years ago has blossomed into a leader who’s shaping the future of health in his community.”

In the coming year, the Institute plans to:

• Implement a second phase of the Spice MyPlate study, in which we’ll address barriers to healthy school lunch consumption;

• Replicate Five Times a Feast as a nine-month cooking series, hosted at three unique locations;

• Expand offerings to train health mentors and connect them with school and community settings;

• Hold a national forum, Building Bridges, Defining Metrics, which will focus on challenges faced and lessons learned in implementing and evaluating community and school-based health programs, particularly for urban and underserved youth.

“Growing the Future”

“The program helped us see each other as different people and understand each other better.”

The program helped us see each other as different people and understand each other better.”

The American Journal of Health Promotion published our study validating the positive impact of our Spice MyPlate curriculum: “Spice MyPlate: Nutrition Education Focusing Upon Spices and Herbs: Improved Diet Quality and Attitudes Among Urban High School Students.” The program taught students how to use health-promoting spices and herbs to prepare nutritious snacks and meals. We will also be publishing the results, lessons learned, and challenges of conducting research to evaluate a daily mindfulness routine at a large Baltimore City high school.

We share our promising practices with organizations through participation in two Baltimore City-wide groups: The Baltimore Food Policy Advisory Committee Initiative aims to create demand for and ensure access to healthy food options. The Healing Thriving Communities Collaborative aims to increase capacity to provide trauma-sensitive and informed responses in Baltimore.

“The program helped us see each other as different people and understand each other better.”

The program helped us see each other as different people and understand each other better.”
Our educational offerings for consumers and health professionals introduced new topics and tools emphasizing the benefits of an integrative lifestyle. We launched a wellness series of free events and presented workshops on healing and the arts. As the winter holidays approached, we offered a supportive Healthy Holidays Coaching program to close the year.

Nutrition experts provided practical strategies for getting off the sugar rollercoaster in a free wellness talk at our Healthy Happy Hour—an annual showcase of our upcoming classes and workshops.

Participants in our Yoga as Medicine series learned techniques to address chronic pain, weight management, anxiety, and depression. A new offering in the series educated social workers on ethical guidelines for therapeutic touch.

For Baltimore’s Green Week celebration, we presented an eco-friendly skin care workshop and a panel on making local, sustainable foods an affordable part of one’s life.

We hosted over 230 participants for the third Health and Wellness Conference of the University of Maryland Center for Integrative Medicine.

As a partner for the Baltimore Book Festival, we presented the nationally acclaimed authors of Sugar Crush, Gluten Freedom, Heal Your Heart, Go with Your Gut, and Energy Medicine Yoga. Institute Scholar Frederick Foote, MD, read from his award-winning book of poetry, Medic Against Bomb.
The future of health is bringing together diverse minds for dialogue and collaborations. It’s giving scientists the freedom to pursue new directions and allowing young researchers room to grow. It’s embracing the power of art to influence healing. The future of health lies with our Scholars and Fellows, who re-envision health and pursue pioneering work.

Institute Scholars: Pushing the Boundaries of Knowledge

Institute Scholars are accomplished thought-leaders who we support to pursue audacious ideas at the forefront of health and healing. Aimed at dissolving silos, the Scholars Program promotes multi-disciplinary exchanges and inspires divergent thinking that challenges the status quo.

Understanding the Healing Experience

The relationship between patient and health practitioner is the cornerstone of health care. It’s important that we understand how the elements of this relationship can hinder or support healing in a variety of contexts and health care settings.

Paul Dieppe, MD, a rheumatologist whose esteemed career has spanned being Director of Health Services Research at the United Kingdom’s Medical Research Council and Dean of Medicine at Bristol University, is a new Institute Scholar whose work focuses on understanding the commonalities of experience across different healing traditions for both the healer and the healee.

Through a study of literature, performance-based approaches, and interviews with a wide range of healers, Dr. Dieppe is gaining a better understanding of the healing response and developing theories about what works for whom and in what circumstances.

Dr. Dieppe recently published in International Journal of Nursing Studies and Journal of Holistic Healthcare about the role of empathy in facilitating healing. He spoke about the healing response in a BBC radio program, “The Problem of Pain – A Slow Motion Catastrophe,” which was heard by more than five million people in the United Kingdom and broadcast internationally.

Kurt Stange, MD, PhD, a professor at Case Western Reserve University and member of the Institute of Medicine, is focusing his Institute for Integrative Health-sponsored work on how the fundamentals of interpersonal relationships in health care can be carried forward and reinvented for a new generation of care providers and patients in the information age. Dr. Stange is addressing these questions through theory development and policy analysis, and unveiling the complexities of these relationships in narrative non-fiction and a novel.

Illuminating the Role of Light on Human Health

Over millennia, light has been recognized as the principal stimulus for the visual system. In contrast, it has only been during the past 50 years that we’ve begun to appreciate light as a potent circadian, neuroendocrine, and neurobehavioral stimulus for humans.

George Brainard, PhD, a professor of neurology at Jefferson University and internationally acclaimed pioneer in developing lighting designs to enhance human health, culminated his tenure as an Institute Scholar with his Capstone presentation in August.

A prestigious Institute award, the Capstone event celebrated Dr. Brainard’s accomplishments as an Institute Scholar. Dr. Brainard’s presentation, “Light and Health: from Space Flight to Patient Care,” described his significant contributions to a prototype lighting system for the International Space Station, designed to improve astronauts’ sleep at night and enhance their performance during the day. In recognition of this revolutionary work, Dr. Brainard and his collaborators received NASA’s prestigious Johnson Space Center Director’s Innovation Award in 2015. Importantly, Dr. Brainard’s work has implications for lighting in homes, workplaces, and community spaces.
Institute Fellows: Building Bridges to the Future of Health

Institute Fellows are emerging visionaries in the early- to mid-stage of their academic careers. The traditional academic environment and funding streams require them to build their careers on a foundation of incremental advancements along a mainstream pathway. Support from the Institute provides a vital bridge for these young pioneers to tackle innovative, multidisciplinary questions that will galvanize the future of health.

Revealing the Signature of Health: from Genes to Whole Systems

The Institute Fellows are all addressing ambitious questions that illuminate how our bodies’ systems—from genes to cells and whole functional systems—work together to optimize health and healing.

Measuring an individual’s overall state of health. Imagine your physician obtaining a snapshot of your state of health using a single diagnostic tool. To accomplish this audacious goal, Institute Fellow Andrew Ahn, MD, MPH, an internist and faculty member at Harvard University, is applying cutting-edge, systems-based approaches to analyze a wealth of patient data in large clinical databases. He aims to identify collective patterns in heart rate, arterial pressures, imaging reports, medications, and physician care notes that could potentially predict a patient’s overall clinical condition.

Understanding how stress can build resilience or undermine health. Institute Fellow Kirstin Aschbacher, PhD, a junior faculty member at Harvard University, is conducting research to demonstrate that stress management has a valuable role to play in standard medical health care for the prevention and management of chronic disease.

When stressed, the body triggers an internal inflammatory response, which is increasingly recognized as a key contributor to chronic disease. Dr. Greeson is examining whether a mindfulness practice affects the activity of key genetic factors responsible for turning the inflammatory response on or off.

The Power of Art to Heal

Recognizing that creative expression can enhance well-being, the Institute presented programs that illuminated art’s healing power.

Destigmatizing Mental Illness and Addiction

The Institute was a partner for the New Day Campaign, which used art to challenge stigma associated with mental illness and addiction. We hosted an exhibition of artwork from several exemplary art therapy programs, generating conversation about the spectrum of therapeutic artistic practices.

In our free workshop Managing Stress through the Healing Arts, participants experienced writing, drawing, yoga, and qigong as tools to relieve stress, boost resilience, and enhance well-being.

The Healing Power of Painting

Partnering with artist Afsaneh Faridi, MA, BFA, we presented a four-session course in which participants explored the creative process as a means to personal growth, reduced stress, and greater vitality.

The Human Guide to Our Creative Brain

We partnered with the American Visionary Art Museum to present a conference celebrating the brain’s astounding capacity. Attracting over 400 people, it featured inspiring presentations from artists and researchers, including Institute Scholars Emeritus George Brainard, PhD, and Richard Hammerschlag, PhD, as well as Institute President Brian Berman, MD.
Support and Other Revenues: 2015 Forecast %

- Foundation $2,810,596 94%
- Individual/Business $134,200 5%
- Program $43,335 1%
- Other $10,602 0%

Total $2,977,739 100%

Expenses:

- Total Programs $2,290,554 77%
- Development $253,761 9%
- Leadership and Administrative Operations $411,363 14%

Total $2,955,678 100%

Change in Net Assets $21,851

2015 Expenses by Category

- COMMUNITY-MISSION THRIVE 15%
- SCHOLARS & FELLOWS 14%
- EDUCATION PROGRAMS & FORUMS 16%
- GREEN ROAD 9%
- INTEGRATIVE CLINICAL PROGRAMS 22%
- DEVELOPMENT 13%
- LEADERSHIP AND ADMINISTRATIVE OPERATIONS 12%

INSTITUTE SCHOLARS, SCHOLARS EMERITI, AND FELLOWS

ROGER J. BULGER, MD
Past President, University of Texas Health Science Center, Houston

MARGARET CHESNEY, PhD
Director, Other Center for Integrative Medicine, University of California, San Francisco

JAMES E. DALEN, MD, MPH
Dean Emeritus, University of Arizona College of Medicine

LARRY DOSSEY, MD
Executive Editor, EXPLORE: The Journal of Science and Healing

SISTER CHARLOTTE KERR, RSM
Health Care Consultant

JON KABAT-ZINN, PhD
Professor Medicine Emeritus, University of Massachusetts Medical School

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