

Life is Your Best Medicine



Presented by Dr. Tieraona Low Dog, MD

WHEN: Wednesday, May 30, 7-8:30 pm

WHERE: Health Sciences Learning Center
750 Highland Avenue, Room 1306

Everything we do, from the food we eat to the way we move in the world, to the way we treat a stranger, affects us. Our resiliency—ability to bounce back and move forward—is stronger when we are physically, emotionally and spiritually nourished.

Dr. Tieraona Low Dog has informed and inspired audiences around the world with her ability to weave science and ancient wisdom into a message of hope and transformation for the 21st century.

Please join Integrative Health in welcoming Dr. Low Dog for this free presentation.

Registration and information

Registration: uwhealth.org/bestmedicine

Space is limited. All seats are general seating, no reservations are available and no tickets can be mailed.

Questions: ouruwhealth@uwhealth.org

Parking is available in the University Hospital Ramp Lot 75 or UW Lot 76 for a small fee. Free parking is available in UW Lot 60 after 4:30 pm. People with a Wisconsin Disabled Parking Permit may park in the surface lot in front of the HSLC (UW Lot 74).



About Tieraona Low Dog, MD

Dr. Tieraona Low Dog's exploration of natural

medicine and its role in modern health care began more than 35 years ago as she studied midwifery, herbal medicine, massage therapy and martial arts before earning her medical degree from the University of New Mexico School of Medicine.

Dr. Low Dog is an internationally recognized expert in the fields of integrative medicine, dietary supplements, herbal medicine and women's health.

She has been an invited speaker to more than 550 scientific/medical conferences, published 40 peer-reviewed articles, written 20 chapters for medical textbooks, and has authored five books, including three National Geographic books, *Fortify Your Life*, *Healthy at Home* and *Life is Your Best Medicine*.

For more information visit
drLOWDOG.com