



Center for the Study of Health Disparities

College of Education and Human Development

Exclusive engagement in collaboration with the **Brazos Valley Festival of African Arts**
Lake Bryan
Saturday October 25 - Sunday October 26
Art. Food. Music

Roundtable: “Eliminating Health Disparities: Multidisciplinary Approaches to Solving a Complex Problem.”

Each roundtable will explore the complex issues of health and health care at the local, state, and national levels with researchers from various disciplines sharing their perspectives on improving health and health care in the United States. These discussions extend beyond people of color to include members of the dominant culture.

| <u>Speaker:</u> | <u>Date:</u> | <u>Time:</u> | <u>Location:</u> |
|--|---------------------------------|--------------|------------------|
| Keema Walden, Ph.D. (Indiana University) | October 25 th , 2008 | 3:00 PM | Lake Bryan |

Everyday Wellness through the Healing Arts



Dr. Keema Walden teaches distance education learning for the Department of Applied Health Science and the Department of Recreation, Park, and Tourism Studies at Indiana University. She teaches online courses in gerontology, health, and leisure and is currently teaching a course on Health, Longevity, and Integrative Therapies for the Later Years. Over the last 4 years, she has been giving lectures to students about Traditional, Complementary and Alternative Medicine (TCAM) and exposing them to material that they typically would not be introduced to in their academic studies. Dr. Walden’s most current research focused on the perceptions of leisure and Complementary and Alternative Medicine among spa practitioners. She is interested in investigating leisure as a dimension of health.

While Dr. Walden is a professor and researcher, she finds much fulfillment as a Holistic Health practitioner. She is a certified Kripalu Yoga teacher who has been teaching Yoga for over 10 years. She is also a Reiki Master/Teacher (energy worker) and a Massage Therapist. She has been doing Reiki since 2001 and Massage since 1998. She also takes pleasure in working as a Certified SomaEnergetics™ Tuning Forks practitioner. Dr. Walden works to continually learn about health modalities for pain and stress relief. She holds a B.A. degree from the University of North Carolina at Greensboro, an M.S. degree from Indiana State University, an M.S. degree from Indiana University, and a Ph.D. from Indiana University.

For additional information, please contact:

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