



# INTEGRATIVE WELLNESS: PATHWAYS TO PHYSICAL & MENTAL HEALTH

## KEYNOTE SPEAKERS



**CAPT Joseph Hibbeln, MD, USPHS**  
Clinical Investigator

CAPT Joseph Hibbeln is a Clinical Investigator and is the Acting Chief of the Laboratory of Membrane Biochemistry and Biophysics; Section of Nutritional Neuroscience at National Institute on

Alcohol Abuse and Alcoholism. He received his M.D. at the University of Illinois at Chicago, and completed his residency in Psychiatry at the University of California at Los Angeles. Dr. Hibbeln has been the principal investigator of numerous studies at the NIH Clinical Center over the past 20 years. He has participated in extensive international collaborative clinical trials of omega-3 fatty acids for the prevention of suicide, postpartum depression, and violence. He is a primary collaborator in the Avon Longitudinal Study of Parents and Children, Bristol, UK, examining the residual effect of nutritional insufficiencies in pregnancy in childhood neurodevelopmental outcomes and relevant gene-nutrient interactions. Dr. Hibbeln was one of the first investigators to draw attention to the importance of omega-3 fatty acids in psychiatric disorders.



**Dr. Aruna Tummala, MD, AIHM**  
Adult & Geriatric Psychiatrist

Aruna Tummala, MD, is a board-certified adult and geriatric psychiatrist and founder of Trinergy Center for Integrative Psychiatry in New Berlin, WI. Dr. Tummala is also board certified in Integrative and

Holistic Medicine and is pursuing further education in both Functional Medicine and Ayurveda, the oldest medical system in the world. Dr. Tummala has authored and presented on the topics of mental illness, Ayurveda and integrative approaches to mental illness; to academic audiences both in the United States and abroad. Dr. Tummala was a resident psychiatrist for the Medical College of Wisconsin Affiliated Hospitals, and then a Fellow in Geriatric Psychiatry for the same organization. She received her MD in Psychiatry in 2003 from the Deemed University, National Institute of Mental Health and Neuro Sciences, Bangalore, India. She was recognized for excellence and was the recipient of three awards during her undergraduate medical education at the Vijayanagar Institute of Medical Sciences in Bellary, India.

## BREAKOUT TOPICS

**Ayurvedic Medicine - Creating Partnerships in Wellness - Diet & Nutrition  
Exercise & the Brain - Mindfulness for Clients & Professionals  
Sensory & Environment - Sleep Hygiene - Suicide Prevention**

**SAVE  
THE  
DATE**

**MARCH 14<sup>th</sup> & 15<sup>th</sup>, 2019**

WILDERNESS RESORT • WISCONSIN DELLS

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