



Lori Walsh, M.D. is the Medical Director of the Center for Integrative Health and Medicine at Good Shepherd Hospital.

Advocate Good Shepherd Hospital  
 Integrative Health & Medicine Center  
 450 West Highway 22  
 Barrington IL 60010  
 Schedule an Appointment  
**847-842-3140**  
[advocatehealth.com](http://advocatehealth.com)

**Advocate Good Shepherd Hospital's Integrative Health and Medicine Center** is poised to open in early 2021. The Center is the culmination of a community and hospital fundraising collaboration with a unified vision to create a Center that supports health and healing.

The model of Integrative Medicine is one that combines evidence based conventional and complementary approaches in the context of whole person care: mind, body, and spirit. The staff working at the Center are health professionals who have extended training in their area of specialty in Integrative Medicine. This allows for a collaboration in care that can extend through the hospital, as well as with primary care physicians and specialists. The goal of Integrative Medicine is to enhance, not change a care plan.

Nutrition will be a pillar of the Center. Emphasis will be placed on dietary education in disease prevention and management and personalized dietary assessments will be offered by registered dietitians familiar with nutritional medical management. An Advanced Practice Nurse will provide a consultation and help each client sort through their health concerns and goals.

Within the Center there will be access to a health coach and psychologist to help with carrying out goals. Ancillary services will include acupuncture, medical massage, yoga, and aromatherapy to start, with additions such as Culinary Medicine to follow.

The Center itself has been designed to create a space with natural light and soothing décor. There is a healing garden just outside of the Center that will open in the spring.

The Center is available to everyone: community members, patients being treated at the hospital, and team members of the hospital. A Concierge dedicated to the Center will help navigate services for each client to make it as seamless as possible.

Dr Lori Walsh, as the Medical Director, will oversee the Center. She is an AMG pediatrician who has completed her Fellowship in Integrative Medicine through the Andrew Weil Center for Integrative Medicine. She is also a clinical assistant professor at Northwestern University Feinberg School of Medicine, assisting in the Culinary Medicine Program.

**For more information, call the Center at 847- 842-3140.**