

Colorado Chinese Medicine University

April 2026



CCMU NEWSLETTER



SHORT-TERM STUDY VISIT PROGRAM IN CHINA

OPEN FOR REGISTRATION

We are pleased to announce that our school will once again collaborate with Fujian University of Traditional Chinese Medicine to organize a short-term study visit program in China. According to the invitation materials, the program is scheduled for October 20 to 28, 2026, and will include academic and cultural activities.

ELIGIBILITY

Participants should be nationals of the United States or European countries, aged between 18 and 45.

FUNDING

Program costs in Fujian will be fully covered by Fujian University of Traditional Chinese Medicine. Participants will be responsible for their own international travel expenses to and from Fuzhou.

REGISTER

UPCOMING EVENTS

VIEW ALL EVENTS

- April 25: Neuropuncture 1-Day Hands-on Workshop | Dr. Tanja Brekke | \$500 [**LEARN MORE**](#)
- August 1st: Neuropuncture 2-Day Hands-on Workshop | Dr. Tanja Brekke | \$1000 [**LEARN MORE**](#)

FROM TRADITION TO TRANSLATION

TAI CHI, WHOLE PERSON HEALTH, AND THE SCIENCE OF HEALTHY AGING

Tai Chi & Qigong in Community Health Promotion: Advancing Whole-Person Health: Implementation Science Year of The Dragon Initiative

Dr. Joseph Brady, MPTOM, L.A.C., Tai Chi, and Qigong Science and Research Center, National Center for Complementary & Integrative Health, National Institutes of Health, was supported by the National Center for Complementary & Integrative Health of the National Institutes of Health under Award Number U01AT007024 through the Specialized Center Program. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health. Funding by the National Center for Complementary & Integrative Health and the National Center for Complementary & Integrative Health.

INTRODUCTION

Tai Chi and Qigong (TCQ) are evidence-based mind-body practices that have been shown to improve physical, mental, and emotional health. These practices are rooted in the philosophy of the Tao, which emphasizes the importance of balance and harmony. TCQ is a low-impact, non-weight-bearing exercise that can be practiced by people of all ages and abilities. It is a safe and effective way to improve physical health, reduce stress, and improve mental health. TCQ is a safe and effective way to improve physical health, reduce stress, and improve mental health.

OBJECTIVES

The Year of the Dragon Initiative (YDI) aims to advance the science of TCQ and its application in community health promotion. The YDI will focus on the following objectives:

- To advance the science of TCQ and its application in community health promotion.
- To develop and implement a community-based implementation science program.
- To evaluate the reach, adoption, and maintenance of TCQ in community health promotion.

Methods

TCQ programming was delivered through a community-based implementation science program. The program was designed to be scalable and sustainable, and to be implemented in a community-based setting. The program was designed to be scalable and sustainable, and to be implemented in a community-based setting.

Results

Across 10 months, YDI engaged 1000 participants from more than 40 U.S. sites and international locations. YDI achieved a 100% reach, 100% adoption, and 100% maintenance. YDI achieved a 100% reach, 100% adoption, and 100% maintenance.

Conclusions

Implementing Tai Chi and Qigong within community health promotion represents a scalable, programmatic strategy for advancing whole-person health. This implementation model demonstrates the potential for community-based implementation science to advance the science of TCQ and its application in community health promotion.

Contact

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How can Tai Chi and Qigong help shape the future of healthy aging? This article explores how traditional practices are gaining recognition through modern research, whole person health frameworks, and community-based implementation. It also highlights CCMU's contribution to translating Tai Chi and Qigong into scalable public health strategies.

[READ MORE](#)

STUDENT COUNCIL NEWS

STUDENT COUNCIL HAS BEEN HARD AT WORK THIS TRIMESTER AND WE HAVE SEVERAL EXCITING THINGS TO SHARE!

Our Skills Labs have been off to a great start! We are so grateful to the faculty who have been willing to teach us all of this supplemental material, and to the students who have taken advantage of these opportunities! We can't wait to announce next trimester's Skills Labs- stay tuned!

We have successfully gotten the tutoring program up and running- for students in need of tutoring, there is a link on Populi to sign up and request a tutor. If you are interested in tutoring, please reach out to us at student.council@ccmu.edu!

REACH OUT

Last, but certainly not least, we would like to formally invite everyone to our first ever **CCMU sponsored Graduation Party!!** On April 26th, we will be gathering at Wash Park to celebrate our graduating class of April 2026! Bring your fam, your fur babies, and your own beverages - the more the merrier! Food will be provided, including vegan and gluten-free options. RSVPs to student.council@ccmu.edu are requested, but not required!

BELOW ARE THE EXACT DETAILS:

**APRIL 26, 2026
5PM-10PM
WASH PARK PICNIC SITE 3B
BYOB**

RSVP

WE HOPE TO SEE YOU THERE!

HELP US BUILD THE 2026 ACUPUNCTURE & HERBAL MEDICINE EXPO

AUGUST 28-30

The 2026 Acupuncture & Herbal Medicine Expo will take place August 28-30 in Denver, bringing together practitioners, students, and the public to explore the growing role of Traditional Chinese Medicine in modern healthcare.

This three-day event will feature educational sessions, practitioner programming, and public learning opportunities designed to deepen understanding of acupuncture, herbal medicine, and integrative health.

To bring this event to life, we are inviting members of our broader community to join our planning committees.

PLANNING COMMITTEES

PARTNERSHIP COMMITTEE

Helps design the educational content of the expo including practitioner sessions, panel discussions, and public learning experiences.

PROGRAMMING COMMITTEE

Works to build relationships with sponsors, vendors, and healthcare organizations that support the event.

MARKETING COMMITTEE

Supports promotion, community outreach, and engagement leading up to the expo.

Committees will meet approximately **five times** between **March** and **August**, beginning with a **kickoff meeting the last week of March**. Whether you are a practitioner, student, alumni, or supporter of integrative healthcare, we welcome your participation.

JOIN A COMMITTEE

**TOGETHER, WE CAN CONTINUE TO
ELEVATE AWARENESS AND
UNDERSTANDING OF CHINESE MEDICINE
THROUGHOUT COLORADO.**

PROGRAM OFFERINGS

EXPLORE OUR DIVERSE PROGRAM OFFERINGS, RANGING FROM OUR OUTSTANDING MASTER PROGRAM TO THE CONVENIENT AND FLEXIBLE PD PROGRAM COMPLETER TRACK, AND TO THE COMPREHENSIVE DAOM PROGRAM.

MASTER PROGRAM, TO BE AN EFFECTIVE PRACTITIONER

- Duration: 28 months to 36 months
- Format: hybrid with online and on-campus
- Total Hours: MAc 2,400 hours; MAcCHM 3,075 hours

LEARN MORE

PD PROGRAM COMPLETER TRACK, SPECIALIZED IN WOMAN HEALTH AND ONCOLOGY

- Duration: 8 months
- Format: 100% online
- Total Hours: 330 hour
- **Work for Tuition Opportunity (Onsite only): Work 2 days/week to cover the tuition.**
- **Applications being accepted for Sept 2025**

LEARN MORE

DAOM PROGRAM, SPECIALIZED IN UTILIZING QI MEDICINE IN CLINICAL PRACTICE.

- Duration: 28 months to 36 months
- Format: hybrid with online and on-campus
- Total Hours: MAc 2,400 hours; MAcCHM 3,075 hours
- **Scholarship: Up to \$15,000 available**
- **Work for Tuition Opportunity (Onsite only): Work 2 days/week to cover the tuition.**

LEARN MORE

JOBS & OPPORTUNITIES

CCMU IS HIRING FACULTY AND CLINIC SUPERVISORS

LEARN MORE

CCMU IS HIRING ONLINE PHARMACOLOGY PROFESSOR

LEARN MORE

ACUPUNCTURE PRACTICE FOR SALE IN PROVIDENCE, RI

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ACUPUNCTURE PRACTICE FOR SALE IN GILLETTE, WY:

LEARN MORE

ACUPUNCTURE PRACTICE FOR SALE IN LEBANON, NH:

LEARN MORE

