Cultural Stress

Lessons from Dr. Murad’s Journey

Dr. Howard Murad will share stories from his journey from fledgling physician to successful entrepreneur, innovator, and wellness champion. Discussing the impact of Cultural Stress®, Dr. Murad will present on his roads to success in managing cultural stress and change.

* First 80 participants will receive resources from his Health and Happiness Series.

**Goals and Objectives:**

1. Understanding the issue & global scale of Cultural Stress
2. Identifying tools for personal wellness, as based on Dr. Murad’s experiences
3. Finding unique individualized solutions for improved self- and patient-care

**Target Audience:**

This activity is geared to healthcare providers and trainees, but all are invited.

**Distinguished Speaker**

Howard Murad, MD, FAAD

A board-certified dermatologist, trained pharmacist, and Associate Clinical Professor of Medicine at the Geffen School of Medicine, UCLA, Dr. Murad has personally treated over 50,000 patients. Dr. Murad has earned the title “The Father of Modern Wellness” through his discovery of and continuously conducted research on the impact of Cultural Stress®—the constant and pervasive form of stress due to modern day living which has been scientifically shown to have a negative impact on cellular health. He continues his innovative research today using his training as a pharmacist and a physician, his insights as an entrepreneur, and his enormous passion for life to positively transform overall health and wellness of people across the globe.

In addition to his contributions to science, healthy living, and skincare, Dr. Murad has also made an impression on the art community with his research on the connection between the benefits of artistic expression and youth building, a whole-body method of preserving one’s youthful appearance and good health.

His latest updates can be found on his website [http://drhowardmurad.com/](http://drhowardmurad.com/).

**Accreditation:**

The Office of Continuing Medical Education, David Geffen School of Medicine at UCLA is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Office of Continuing Medical Education, David Geffen School of Medicine at UCLA designates this live activity for a maximum of 1 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.