



# Inaugural Jack Cogan Integrative Medicine Grand Rounds Lecture

**Tuesday, Oct. 5th @ 4pm\***

[https://partners.zoom.us/webinar/register/WN\\_vqiuNJERRK2qFTI30avi5w](https://partners.zoom.us/webinar/register/WN_vqiuNJERRK2qFTI30avi5w)

## Why Should I Bother Being Physically Active?



Drawing on her decades of research experience, Dr. I Min Lee—Professor of Medicine at Harvard Medical School and Professor of Epidemiology at the Harvard T.H. Chan School of Public Health— will review the many health benefits of physical activity, how much (little) activity is needed to produce these benefits, and discuss current research addressing gaps in knowledge.

### I-Min Lee ScD, MPH

Professor of Medicine at Harvard Medical School and Professor of Epidemiology at the Harvard T.H. Chan School of Public Health

Hosted by the Osher Center for Integrative Medicine at Brigham and Women's Hospital and Harvard Medical School, this endowed annual lecture honors the life of Mr. Jack Cogan, his commitment to physical activity and health, and his intersection with and support of Integrative Medicine at the Osher Center

### HMS CME CREDITS AVAILABLE

[hmsoshercenter@partners.org](mailto:hmsoshercenter@partners.org)



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INTEGRATIVE MEDICINE**  
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**\*Please note, this event will be virtual and will take place at a unique time (4:00pm EDT) relative to typical early morning Osher Grand Rounds.**