FOR IMMEDIATE RELEASE

Dr. Esther Sternberg to speak about Healing Spaces at Tucson Festival of Books

Presentation this Sunday, March 10 will discuss how physical space can influence healing

TUCSON, Ariz., March 6, 2013 – **Esther Sternberg, MD,** University of Arizona Center for Integrative Medicine director of research, world-renowned for her discoveries in the science of mind-body interactions, will present this weekend at the 5th Annual Tucson Festival of Books.

Dr. Sternberg's lecture titled "The Science of Place and Well-Being" will take place on Sunday, March 10 from 1-2pm at the UA Student Union in the Kachina Room, and will be moderated by **Jan Cervelli, FASLA, FCELA**, dean of the College of Architecture, Planning, and Landscape Architecture and Professor of Landscape Architecture.

Dr. Sternberg has authored two books: *Healing Spaces: The Science of Place and Well Being* and *The Balance Within: The Science Connecting Health and Emotions.* At the University of Arizona, Dr. Sternberg's research is focused in three areas: establishment of a biomarker laboratory that began at the NIH, aimed at development of a new sweat patch technology to measure patients' immune and stress responses; design and implementation of tools to compare integrative versus conventional medicine approaches, including non-invasive measures of psychological, physiological, endocrine, nervous and immune systems' health status; and the establishment of the Institute for Place and Wellbeing at the UA, to explore and measure the effects of built space and the physical and green environment on human health, emotions and spirituality.

The Tucson Festival of Books takes place on the University of Arizona campus on Saturday, March 9 and Sunday, March 10. For a full schedule of festival events, visit
http://tucsonfestivalofbooks.org/event/list