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# Tip for That #5: Integrative Medicine Competency: Humor and Music

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# Tip for That

## Integrative Medicine Competencies



### Tip for That #5:

#### Integrative Medicine Competency: Humor and Music

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Laughter is good for the soul.

And so is this fun music video with some people you might know:

[https://caregiverconnect.aurora.org/cgc/myportal/connect/home/media/videos/the%20nutrition%20\(and%20caregiver\)%20rock%20stars%20among%20us!/ut/p/a1/tZFLU8lwFIX\\_Slgwo4tMbl8Iy\\_KQZwHBB82GSdNQlpBiGID-vS06jBtQFmaXyZdz7zmHUDIjVLG9TJiRqWLR4k4r83q7Hkya7qjVeeg1oDuZNI96NtgOzkQ5gCcOT4c\\_z9De9AZN2E0qt1b0K27w2Dqt20Ai7wQSihXZmuWJORMi0TuheapMkKZtYw004e5UGU4vZVhL2ORZmUwS4HUz mhZLItumlrRibpFOuUrlBmmM8Q2qUrQLitmbbmMSbjgluPELMKesDzsRIDD1YrIYhbxyOM1I1VE\\_O3twvK\\_ZHP09hOx7EGhMB44ncfeEfkCLsQX5jvcnR3S9cj0SIO9PzRq66ARJLksM0ss1Slls-uzznXk69sb9fN-izo\\_DJn9e8HbzdOm6hz wajEcYhod3v1S6RMzhJX0/dl5/d5/L2dBISEvZ0FBIS9nQSEh/](https://caregiverconnect.aurora.org/cgc/myportal/connect/home/media/videos/the%20nutrition%20(and%20caregiver)%20rock%20stars%20among%20us!/ut/p/a1/tZFLU8lwFIX_Slgwo4tMbl8Iy_KQZwHBB82GSdNQlpBiGID-vS06jBtQFmaXyZdz7zmHUDIjVLG9TJiRqWLR4k4r83q7Hkya7qjVeeg1oDuZNI96NtgOzkQ5gCcOT4c_z9De9AZN2E0qt1b0K27w2Dqt20Ai7wQSihXZmuWJORMi0TuheapMkKZtYw004e5UGU4vZVhL2ORZmUwS4HUz mhZLItumlrRibpFOuUrlBmmM8Q2qUrQLitmbbmMSbjgluPELMKesDzsRIDD1YrIYhbxyOM1I1VE_O3twvK_ZHP09hOx7EGhMB44ncfeEfkCLsQX5jvcnR3S9cj0SIO9PzRq66ARJLksM0ss1Slls-uzznXk69sb9fN-izo_DJn9e8HbzdOm6hz wajEcYhod3v1S6RMzhJX0/dl5/d5/L2dBISEvZ0FBIS9nQSEh/)

Cut and paste if the link doesn't work.

When this video leaves Caregiver Connect, you can access it as well as all past editions of Tip for That at Aurora Health Care's Digital Repository - Integrative Medicine.

<http://digitalrepository.aurorahealthcare.org/integrative/>

In Health,  
Kristen

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