



Laura Micek-Galinat, MD, MPH

- Over 30 years clinical experience
- Double boarded in Family & Integrative Medicine
- Currently training in the Certified Culinary Medicine Specialist Program of Tulane University
- Graduated from Rutgers College, New Jersey
- Received medical degree from the University of Medicine and Dentistry-New Jersey Medical School
- Trained by Dr. Andrew Weil at the University of Arizona's Center for Integrative Medicine
- Associate Professor of Clinical Family Medicine at Rutgers Medical School
- Invited speaker for community groups:
 - HealthHike Walking Program, Happy Hearts Support Group, New Jersey Retired Educators, Robert Wood Johnson's HealthFest 2014, and Chronic Regional Pain Syndrome Support Group
- Invited speaker for professional education:
 - Academy of Medicine of New Jersey, New Jersey Academy of Family Physicians, and the Society of Teachers of Family Medicine
- Interests include teaching about healthy lifestyles, cooking, mind-body medicine, and outdoor activities