

SEARCH FOR THE HEALTHY CITY 2016 Detailed Itinerary* — The Influence of Art and Architecture on Health

CME Thursday, September 15		
	Arrival in Todi , Italy. Pickup and transportation from airport per Tuscan Affairs. Check in at Hotel Fonte Cesia (http://www.fontecesia.it/eng/hotel.htm). Welcome reception and dinner. Pick up your course packet. Afternoon free to relax and explore the area.	
	7:30 – 9:00 pm	Welcome dinner in Hotel Fonte Cesia restaurant. Brief orientation for the coming week (Dr. Jim Bailey, and Charly Lucas with Tuscan Affairs)
Friday, September 16		
Theme 1: Public and Private Places		
	Core Readings:	
	<ul style="list-style-type: none"> • Murat Z. Memluk, Designing Urban Squares, Chapter 19 in <u>Advances in Landscape Architecture</u>, Edited by Murat Özyavuz, InTech: 2013. • Edmund N. Bacon, “Medieval Design” and “The Structure of the Square” in <u>Design of Cities</u>, The Viking Press, New York, 1967 • Amelia Lake, Tim Townshend, Obesogenic environments: exploring the built and food environments, <i>The Journal of The Royal Society for the Promotion of Health</i>, November 2006 Vol 126 No 6. • Diane Hales. An Italian Tradition: La Passeggiata. <i>Fodor’s Guest Blogger</i>, July 20, 2010 	
	Supplemental Reading:	
	<ul style="list-style-type: none"> • Matt Ford, A dictator’s guide to urban design. <i>The Atlantic</i>, Feb. 21, 2014. • Project for Public Spaces, 10 Principles for Successful Squares, Accessed at www.pps.org/reference/squaresprinciples July 4, 2016. • Michael Kimmelman, The Craving for Public Squares, <i>The New York Times Review of Books</i>, April 7, 2016 	
	8:00 – 8:45 am	Breakfast at Hotel
60	9:00 – 10:00 am	Seminar discussion: Designing urban squares for health Objective: Compare and contrast human’s needs for and the best purposes of public and private spaces. Discuss how public and private spaces can contribute to community health.
	9:00 am – 1:00 pm	Introduction to Todi with guide Elena Buzzini - Guided tour of Todi’s famous People’s Square, one of the most ancient communal places in Italy. Sites will also include Todi’s Cathedral (Duomo) and its 3 most famous palaces, the Captain’s Palace, Prior’s Palace, and Bishop’s Palace.
	1:30 – 3:00 pm	Lunch
	3:00 – 7:00 pm	Free afternoon in Todi.
	5:00 – 7:00 pm	Everyone is encouraged to experience the “passeggiata” (English: passage, stroll, evening promenade)
30	7:00 – 8:00 pm	Reception and Seminar Discussion: How does the Italian passeggiata contribute to community health? Objective: Identify ways in which a cultural tradition of passeggiata contributes to health. Detail the health benefits of the “passeggiata.” Describe where in each participant’s city they could do this and whether they could take a passeggiata from their home.
	7:30 pm	Dinner
Saturday, September 17		
Theme 2: The Architecture of Monastic and Village Life		
	Core Readings:	
	<ul style="list-style-type: none"> • Caroline Bruzelius, The Architecture of the Mendicant Orders in the Middle Ages: An Overview of Recent Literature, <i>Perspective</i> 2012. 	
	8:00 – 8:45 am	Breakfast at Hotel; arrive at morning lecture ready to walk.
60	9:00 – 10:00 am	Seminar discussion: The Architecture of the Mendicant Orders in the Middle Ages Objective: Identify characteristics of the architecture of monasteries and convents that contribute to human health?
	10:15 am	Bus departs for Marsciano
	11:15 am – 1:30 pm	Free time in Marsciano and wine tasting
	1:30 – 3:00 pm	Lunch in Marsciano .
	3:15 pm	Bus departs for Paciano
	4:15 pm	Arrivals at Agriturismo I Frati (“The Brothers,” www.agriturismoiofrati.it/index-eng.php , a working farm and restored Franciscan convent on a hilltop outside Paciano), and nearby Relais Mastro Cinghiale (a bed and breakfast, located in a converted mill built into the village wall surrounding the ancient medieval village of Paciano) our homes for the week.
	7:30 – 9:00 pm	Welcome dinner at Agriturismo I Frati

Sunday, September 18		
Theme 3: The Relationship between the City and the Natural Environment—Man and Nature		
Core Readings:		
<ul style="list-style-type: none"> Anonymous (probably Ugolino Brunforte, c. 1262 – c. 1348), <i>The Little Flowers of St. Francis of Assisi</i> (Latin: <i>Actus beati Francisci et sociorum eius</i>), Chapter XXI, <i>The Legend of Saint Francis & the Wolf of Gubbio</i>, Accessed July 4, 2016 at http://tamingthewolf.com/saint-francis-and-the-wolf, Taming the Wolf Institute for Franciscan Peacemaking. Gary Paul Nabhan, <i>Songbirds, Truffles, and Wolves: An American Naturalist in Italy</i>, Chapter 5: <i>Where the Wild Things Aren't—Truffles and Wolves</i>, Penguin Books, 1993. 		
	8:00 – 8:45 am	Breakfast
	9:00 am	Bus departs for Gubbio .
60	9:30 – 10:30 am	Lecture and discussion on bus: The legend of St. Francis and the wolf of Gubbio and <u>Songbirds, Truffles, and Wolves</u> (Dr. Jim Bailey) Objective: Identify how community health is influenced by the relationship between the urban and natural environment and how urban design can support a healthy relationship between urban industry and nature.
	11:00 am – 1:30 pm	Tour of city's Cathedral, town hall (Palazzo dei Consoli) housing the ancient Latin Iguvine Tablets, and the ancient Roman Theater.
	1:30 – 3:00 pm	Lunch in Gubbio
	3:00 – 5:30 pm	Visit by cable basket up Monte Ingino to the Basilica San Ubaldo. Free time to explore area.
	5:30 pm	Bus departs from Gubbio for Paciano .
	7:30 pm	Dinner at Agriturismo I Frati
Monday, September 19		
Theme 4: The Art and Architecture of Neighborliness		
Core Readings:		
<ul style="list-style-type: none"> Jean-Jacques Rousseau. <i>Discourse on the Origin and Foundation of Inequality Among Men</i>. The Second Part. Garrett Hardin. <i>The Tragedy of the Commons</i>. <i>Science</i> 13 Dec 1968: Vol. 162, Issue 3859, pp. 1243-1248 		
Supplemental Reading:		
<ul style="list-style-type: none"> Plutarch, <i>Lives</i>, Theseus unifies Attica, as reprinted in <i>Lapham's Quarterly</i> 		
	7:45 – 8:45 am	Breakfast
60	9:00 – 10:00 am	Seminar discussion: <i>Discourse on the Origin and Foundation of Inequality Among Men</i> Objective: Discuss the origins of public and private land and identify ways that each can contribute to human health.
60	10:15 – 11:15 am	Seminar discussion: <i>The Tragedy of the Commons</i> Objective: Using the Boston Common case study, identify how “freedom in a commons brings ruin to all” and determine “How to Legislate Temperance” when it comes to use of public spaces.
60	11:30 -12:30 am	Lecture: <i>Anatomy and Art during the Renaissance (Part 1)</i> -Carlos Camargo, MD Objective: Determine the ways in which the major artists of the Renaissance contributed to and influenced the development of the science of anatomy.
	1:00 – 2:30 pm	Lunch at Agriturismo I Frati for those not hiking (packed lunch for those going on trek)
	1:00 – 6:00 pm	Optional trek along Lake Trasimeno where the battle between Hannibal and the Roman army took place in 217 A.C. with Katrin. This trek takes between 4 and 5 hours for very slow walkers and with a lot of stops for explanations and it offers great views of the area.. It's 9 km, 5.7 miles long, elevation difference is from 270m to 554 m, from 885 ft. to 1800 ft. It's an easy terrain, but there are two parts which are a little more difficult due to gravel.
	2:30 – 6:30 pm	Free afternoon, Optional cooking class.
60	6:30 – 7:30 pm	Lecture: <i>Anatomy and Art in Renaissance (Part 2-Orvieto)</i> -Carlos Camargo, MD. Dr. Camargo will give us a preview of the Brixio chapel in Orvieto, including a discussion of the Duomo façade's relief sculptures by Lorenzo Maitani (c. 1275–1330), depicting the first thoracotomy in the history of mankind. Objective: Determine the ways in which the major artists of the Renaissance contributed to and influenced the development of the science of anatomy.
	7:30 pm	Dinner at Agriturismo I Frati
Tuesday, September 20		
Theme 5: Human Industry's “Improvements” on Nature		
Core Readings:		
<ul style="list-style-type: none"> Howard H. Hiatt. <i>Protecting the medical commons: Who is responsible?</i> <i>New England Journal of Medicine</i> 1975, 293:235-241. 		

		<ul style="list-style-type: none"> Barry T. Rossa & Bopaya Bidandaa. A brief history of health systems engineering - its early years through 1989: An industrial engineering perspective, <i>IIE Transactions on Healthcare Systems Engineering</i> 2014, 4(4):217-229 <p>Supplemental Reading:</p> <ul style="list-style-type: none"> Giorgio Vasari. <u>Lives of the Artists</u>. Luca Signorelli (1450 – 1523)
	7:45 – 8:30 am	Breakfast
	8:45 am	Bus departs for Civita Bagno Reggio .
30	9:00 – 9:30 am	Lecture on bus: Protecting the medical commons: Who is responsible? (Jim Bailey, MD) Objectives: Using the example of common public lands, determine the theoretical best use of community medical resources.
30	9:30 – 10:00 am	Lecture on bus: A brief history of health systems engineering (Jim Bailey, MD) Objectives: Describe the architecture and health system design that would be most productive of health.
	10:00 – 11:00 am	Tour Civita Bagno Reggio with Elena Buzzini
	11:00 am	Bus departs for Orvieto
	11:30 am	Arrive in Orvieto (Citta' Vecchia –Italian: "Old City")
	11:00 am – 1:30 pm	Tour of the historic Pozzo di San Patrizio (English: "St. Patrick's Well") built by architect-engineer Antonio da Sangallo the Younger of Florence, between 1527 and 1537. Its Latin inscription reads: QUOD NATURA MUNIMENTO INVIDERAT INDUSTRIA ADIECIT ("what nature stunted for provision, application has supplied").
	1:30 – 3:00 pm	Lunch at Pasticceria Ristorante Adriano
	3:00 – 5:30 pm	Tour of Orvieto Cathedral with its magnificent frescos of Fra Angelico and Luca Signorelli
	5:30 – 7:30 pm	Free time in Orvieto
	7:30 pm	Dinner in Orvieto at Antica Cantina
	9:30 pm	Bus departs from Orvieto
Wednesday, September 21		
Theme 5: The Piazza in Ancient and Modern Culture		
Core Reading:		
<ul style="list-style-type: none"> Mark K. Pederson, Italian piazze: models for public outdoor space in sustainable communities 		
	7:30 – 8:30 am	Breakfast
60	8:45 – 9:45 am	Seminar discussion: <i>Italian piazze: models for public outdoor space in sustainable communities</i> Objective: Identify the contributions of public squares or piazze to human health
	10:00 am	Bus departs for Perugia
	11:00 am – 1:30 pm	Tour Perugia's Palazzo dei Priori, one of Italy's greatest buildings, and the Piazza IV Novembre with its Fontana Maggiore in the middle of one of Italy's most famous community spaces with Elena Buzzini.
	1:00 – 2:30 pm	Lunch in Perugia
	2:30 – 5:30 pm	Free time in Perugia .
	5:30 pm	Bus departs for Paciano .
	7:30 pm	Dinner at Agriturismo I Frati
Thursday, September 22		
Theme 6: The Influence of Religious Art on Human Health		
Core Readings:		
<ul style="list-style-type: none"> Gary Paul Nabhan, <u>Songbirds, Truffles, and Wolves: An American Naturalist in Italy</u>, Chapter 7: Feasting on St. Francis—Animal Rights and the Forgotten Forest of Assisi, Penguin Books, 1993. Ian Cron, <u>Chasing Francis: A Pilgrim's Tale</u>, Zondervan, 2013. Linda Bird Francke, <u>On the Road with Francis of Assisi</u>, Random House, 2006. Lynda H. Powell Rush, Leila Shahabi, Carl E. Thoresen, Religion and Spirituality: Linkages to Physical Health, <i>American Psychologist</i>, 2003 Jan;58(1):36-52. 		
Supplemental Reading:		
<ul style="list-style-type: none"> Giorgio Vasari. <u>Lives of the Artists</u>. Giotto (1267 – 1337) Lawler KA, Younger JW, Piferi RL, Jobe RL, Edmondson KA, Jones WH. The unique effects of forgiveness on health: an exploration of pathways. <i>J Behav Med.</i> 2005 Apr;28(2):157-67. 		
	7:30 – 8:30 am	Breakfast
	8:45 am	Bus departs for Assisi .
60	9:00 – 10:00 am	Lecture on bus: The impact of spirituality on health (Jim Bailey, MD) Objectives: Describe the influence of church architecture and spiritual spaces (cathedrals, temples, and hermit's caves) on community feelings and health.
	10:15 am – 1:30 pm	Tour of Assisi and Basilica San Francesco with Elena Buzzini
	1:30 – 3:00 pm	Lunch in Assisi for those not hiking (Optional trek participants will take a packed lunch)

	1:30 – 5:30 pm	Optional Trek to Hermitage of St. Francis (Italian: Eremo delle Carceri) -Very strenuous hike from Assisi up Monte Subasio to Eremo delle Carceri with Katrin. Elevation gain is enormous on a very short trail: 500 m, 1650 ft. in only 4.5 km, 2.7 miles on a very uneven trail culminating in a visit to the magical hermitage. Those interested can hike back to Assisi with Jim Bailey.
	3:30 pm	Bus departs from Assisi for the Eremo delle Carceri
	4:00 – 5:00 pm	Tour of Hermitage of St. Francis with Katrin
	5:30 pm	Bus arrives from Hermitage in Assisi and departs for Paciano .
	7:30 pm	Dinner in Agriturismo I Frati
Friday, September 23		
Theme 7: Public Spaces and Human Health in the New World		
	Core Readings:	
	<ul style="list-style-type: none"> • Pete Hamill, Photographs by George Steinmetz, A New York Writer's Take on How His City Has Changed, <i>National Geographic</i>, November 15, 2015. • Ken Otterbourg, Photographs by Simon Roberts, How Urban Parks Are Bringing Nature Close to Home, <i>National Geographic</i>, April 2016 • Evelyne de Leeuw. Evidence for Healthy Cities: reflections on practice, method and theory. <i>Health Promotion International</i>, 2009, Vol. 24 No. S1. 	
	7:30 – 8:30 am	Breakfast
60	8:45 – 9:45 am	Seminar discussion: A New York Writer's Take on How His City Has Changed and How Urban Parks Are Bringing Nature Close to Home Objective: Identify the ways in which urban parks contribute to human health.
60	10:00 – 11:00 am	Seminar discussion: Designing and building healthy cities—What it takes. Objectives: To identify the critical steps cities must take to implement health city design principles effectively.
	11:15 pm	Bus departs for Monticchiello .
	12:30 – 2:00 pm	Pecorino tasting lunch in Monticchiello .
	2:00 – 4:00 pm	Optional trek with Katrin from Monticchiello to Montepulciano (8.5 km, 5.2 miles). Everything on dirt roads, the first part is easier than the second. Elevation difference goes from 320 to 620 m, from 1050 ft. to 2040 ft. with a lot of ups and downs.
	2:30 pm	Bus departs Monticchiello .
	3:00 – 6:00 pm	Tour of Montepulciano concluding with wine tasting.
	6:00 pm	Bus departs Montepulciano .
	7:30 pm	Dinner Celebration at Agriturismo I Frati
Saturday, September 24		
Theme 8:		
	Core Readings:	
	<ul style="list-style-type: none"> • Germán Solinís, Utopia, the Origins and Invention of Western Urban Design, <i>Diogenes</i> 209: 79-87. • Richard J. Jackson. The Impact of the Built Environment on Health: An Emerging Field. <i>American Journal of Public Health</i>: September 2003, Vol. 93, No. 9, pp. 1382-1384. • Richard J. Jackson, Andrew L. Dannenberg, Howard Frumkin, Health and the Built Environment: 10 Years After, <i>Am J Public Health</i>. 2013 September; 103(9): 1542–1544. • Excerpts from <u>The Art of the Commonplace: The Agrarian Essays of Wendell Berry</u>, edited by Norman Wirzba (Washington, D.C.: Shoemaker & Hoard, 2002), pp. 224 & 195–196 and other excerpts. 	
	8:00 – 8:45 am	Breakfast
	9:15 am	Bus departs for Viterbo .
60	9:30 – 10:30 am	Lecture & Discussion on bus: The agenda for action to reclaim our cities and our health (Jim Bailey, MD) Objectives: Identify the ways the built urban environment can be reclaimed to improve health. Participants will report on specific ways their community can move from ideals of utopia to practical application in the cities where they live.
	11:15 am – 1:30 pm	Tour of Viterbo including Papal Palace, Cathedral, Palazzo Communale, Santa Maria della Salute, and Chiesa del Gesu'.
	1:30 – 3:00 pm	Lunch in Viterbo .
	3:00 pm	Bus departs Viterbo . Just west of Viterbo we will visit the thermal springs known as the "Bulicame", or bubbling place, Dante describes in his <i>Inferno</i> (14, 79–81), and the famous Renaissance bath palace of the Popes (Bagno di Papi) whose ruins are now hidden within a luxury hotel. Of the Bulicame Dante writes: In silence we had reached a place where flowed

		a slender watercourse out of the wood—a stream whose redness makes me shudder still. As from the Bulicame pours a brook whose waters are then shared by prostitutes, so did this stream run down across the sand.
	5:15 pm	Arrival at QC Terme Hotel (www.qctermeroma.it/en) near Ostia Antica, the ancient port of Rome. Enjoy spa and relaxing buffet dinner at the hotel.
Sunday, September 25		
	7:30 – 10:30 am	QC Terme Hotel
	Departures	
810 minutes= 13.5 hours		

* The itinerary above is tentative. Times, activities, and locations listed above are subject to change and, except for departure times, are approximations. Please look for updates and listen for announcements about changes in the schedule. You must be prepared to head out for the day at the departure times. Note that on the day of each departure you must be packed with your luggage ready to go in the morning before we leave for the day's activities. Announcements about procedure will be made on the day before the change of hotel.

Accreditation Statement: This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the University of Tennessee College of Medicine and The Healthy City, Inc. The University of Tennessee College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Credit Statement: We anticipate that the University of Tennessee College of Medicine will designate this live activity for a maximum of 10 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosure: In accordance with ACCME's Standards for Commercial Support, all individuals in position to control this CME activity have disclosed to UT College of Medicine all relevant financial relationships within the past 12 months with commercial interests. The presenters have disclosed that they do not have any relevant financial conflicts and they will not be discussing off-label products.

Key Contacts and Phone Numbers (From USA Dial 011 - 39 first):

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Jim Bailey's mobile: 901-359-1333
 Sharon Bailey's mobile: 901-849-9746

Nights: Location/Hotel/Telephone Number (From USA Dial 011 - 39 first):

Sept. 15 – 17	Hotel Fonte Cesia (http://www.fontecesia.it/eng/hotel.html)	tel. 075-894-3737, fax 075-797-2328
Sept. 17 – 24	Agriturismo I Frati (www.agriturismoifrati.it/index-eng.php)	tel. 339-729-9875, 075-505-8630
Sept. 24 – 25	QC Terme Hotel (www.qctermeroma.it/en)	tel. 06.6529444