

LEARN WITH HARVARD MEDICAL SCHOOL



# The Office for External Education



[hms.harvard.edu/external-education](https://hms.harvard.edu/external-education)

# TWO CENTURIES. 12,000 MINDS.



Helping you navigate a complex health care landscape.

Four areas of focus.  
One unified resource.



## **Executive Education**

Firsthand Insights into the Science and Practice of Medicine  
*For business and science leaders focused on health care concerns*

## **HMX Online Learning**

Foundational Knowledge to Propel Healthcare Careers Forward  
*For those pursuing careers in health care and related fields*

## **Postgraduate Medical Education**

Master's Degree, Certificate, CME/CE, and Customized Offerings  
*For physicians, researchers, & other healthcare providers*

## **Harvard Health Publishing**

Trusted Advice for Healthier Lives  
*Authoritative, trustworthy, and accessible consumer facing health information at <https://www.health.harvard.edu/>*

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# HEALTHY ADVICE FOR A HEALTHY LIFE

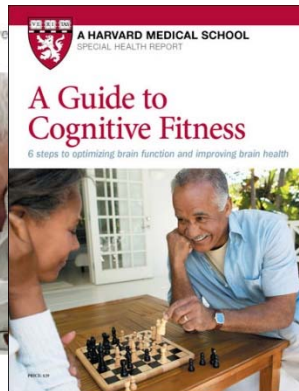


Find more options for learning with Harvard Health, including e-learning programs and Special Health Reports, at [www.health.harvard.edu](http://www.health.harvard.edu)



## Cognitive Fitness

This online course will help you optimize your brain health and cognitive function so you can live your best life!



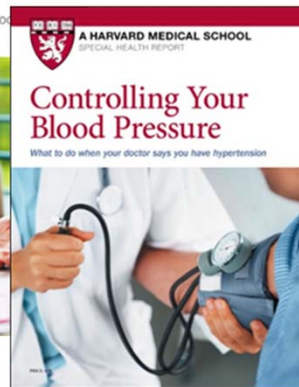
## Starting to Exercise

This online course will help you create a safe, well-rounded exercise program that fits your life and that you will be likely to stick with.



## Controlling Your Blood Pressure

Let this dynamic new online course show you how to halt hypertension, boost cardiovascular fitness, and enjoy better and enduring good health.



## 6-Week Plan For Healthy Eating

In this course, you'll get a simple, easy-to-follow plan that will help you reach your goals in just 6 weeks.

