



Tamami Shirai is a post-doctoral researcher at the Center of Excellence for Research and Training in Integrative Health at University of California, San Diego. She received a BA in psychology from Gakushuin University in Japan, an MS in Mind-Body Medicine, and a PhD in Integrative Medicine and Health Sciences (research specialization) from Saybrook University in California. She has been leading a meditation class in the cardiac pulmonary rehabilitation center at Scripps Memorial Hospital La Jolla since 2012, where she leads participants in such Lifestyle Medicine components as active exercise, weight management, healthy diet, and behavioral change. Her just completed dissertation focused on the perceived healthy behavior of cardiovascular disease patients in the United States and Japan. Passionate about multidisciplinary collaborative approaches to chronic disease, lifestyle medicine and global health research, Tamami provided first-hand trauma relief for survivors of the Great East Japan earthquake in 2011. Tamami is an awardee of a 2015 Leadership Grant from American College of Lifestyle Medicine. Tamami was born and grew up in Tokyo, Japan, has lived in Vietnam, and now lives in San Diego, California.