

# ***ANNUAL* REPORT**

FY24 | JULY 2023-JUNE 2024



*"People often think that integrative health [means] using alternative therapies instead of modern medicine. But in fact, integrative health combines the best from high-tech, modern medicine with low-tech, low-cost traditional therapies."*

**MLADEN GOLUBIC, MD, PHD  
MEDICAL DIRECTOR**



**David Whitten, LMT**  
Providing chair massage at the  
Blood Cancer Healing Center



# TABLE OF CONTENTS

Letter from the Director	2
Mission, Vision, & Values	3
Clinical Care	4
Lifestyle Medicine Providers	5
Advanced Education	6
Meet our MSSP Students	7
Innovative Research	8
Leaders in the Field	9
Community Engagement	10-11
Health Equity	12
The Power of Philanthropy	13
Media & Mentions	14-15
Publications & Presentations	16



Osher Center  
Team Members

# LETTER FROM THE *DIRECTOR*

Over the past year, we have made tremendous progress toward our vision of transforming healthcare from a system focused primarily on treating illness and disease, to one that also prioritizes prevention, self-care, and wellness. We achieve this by enhancing conventional care with evidence-based non-pharmacologic integrative therapies and a focus on modifiable lifestyle factors such as nutrition, movement, and stress reduction. We have strategically focused on enhancing our impact to increase our reach by targeting our clinical, education, research, and community efforts to prevent, heal, thrive.

## *Prevent*

Prevention is imperative to improving the health of our community. This year, we have made remarkable progress in growing our strategic community collaborations, positioning us to significantly enhance our collective impact. We were honored to be highlighted in the new Advancing Health permanent gallery at the Cincinnati Museum Center, which sees approximately 1.4 million visitors annually, through interactive video recordings of evidence-based mind-body practices that will be showcased for the next twenty years.

## *Heal*

Integration is at the heart of what we do when providing clinical care. By horizontally embedding our program throughout the UC Health system, we are able to reach more patients by providing the lifestyle and integrative therapies that help increase patient's capacity for healing. We are very excited to be partners in the new Blood Cancer Healing Center, the nation's newest and most comprehensive cancer facility devoted to research and improved, whole-person care for blood cancer patients—all under one roof. I was honored to provide an intention-setting practice at the building's ribbon cutting, and our practitioners have been providing care in the building from day one. Perhaps even more exciting is that we are developing the wellness spaces expected to be complete in 2025, including a community learning kitchen, a group wellness space, and a rooftop healing garden.

## *Thrive*

Our inaugural event in collaboration with the Cincinnati Parks Foundation launched our new Parks for Wellness program that will provide the estimated 5 million people who visit the Cincinnati Parks annually with opportunities to harness the healing power of nature by providing innovative, evidence-based care and a deeper connection to our local natural world and the communities in which we live and work. Additionally, we are actively working on incorporating nature prescriptions into the health system for interested patients as well as ongoing nature as medicine resources and support.

Everything we do is for one reason: to achieve our mission of improved health for all. We cannot do any of this without the support of our key stakeholders, clinicians and staff, and our friends of the Center and community supporters. I am thrilled to share our advancements this year through clinical practice, advanced education, innovative research, and community engagement focused on integrative health and wellness, while extending immense gratitude to our many steadfast supporters and partners.

## *Be Well.*



Sian Cotton, PhD

Director, Osher Center for Integrative Health at the University of Cincinnati



**Dr. Cotton at the Blood Cancer Healing Center ribbon cutting with UC and UC Health leaders**

# ABOUT US

VALUES



Relationship Centered



Evidence Based



Empowered



Integrity



Equitable



Humility

## VISION

Our vision is to transform a disease-care system to a well-care system.

## MISSION

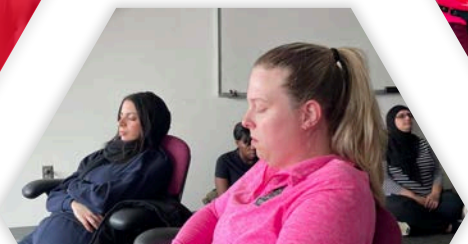
Our mission is to achieve improved health for all through clinical practice, advanced education, innovative research, and community engagement focused on integrative health and wellness.

## APPROACH

Our approach is to empower people to take charge of their health and well-being by actively practicing whole health within their communities.

## INTEGRATIVE HEALTH

We define integrative health as a whole-person approach that combines conventional medicine with evidence-based integrative therapies that focus on healthy lifestyle addressing stress, nutrition, movement, sleep, and environment to reduce suffering and enhance overall wellness.



# CLINICAL CARE

BY THE NUMBERS

5,896

Total Patient Visits

4,537

Referrals

2,389

Group Participants

1,316

Integrative & Lifestyle Medicine Consultations

## FY24 HIGHLIGHTS



The Osher Center played an integral role in the opening events of the Blood Cancer Healing Center, the nation's newest and most comprehensive cancer facility devoted to research and improved, whole-person care for blood cancer patients.

- Dr. Cotton provided an intention-setting moment at the ribbon cutting, and culinary medicine, massage therapy, and sound immersion were showcased.
- Whole-person care will be embedded throughout the building, including Lifestyle & Integrative Medicine Consultations and two half-time massage therapists specializing in oncology massage.



Lifestyle Medicine Consultations expanded to two new clinical locations: the new Blood Cancer Healing Center and the Milford Primary Care Office.



Osher Center practitioners Pamela Sharpe, MSN, FNP-BC, and Tina Walter, C-IAYT were highlighted at the 2023 Leukemia & Lymphoma Society Light the Night event to showcase how yoga and food as medicine benefit blood cancer patients.



Our team served as subject matter experts for a number of UC Cancer Center presentations:

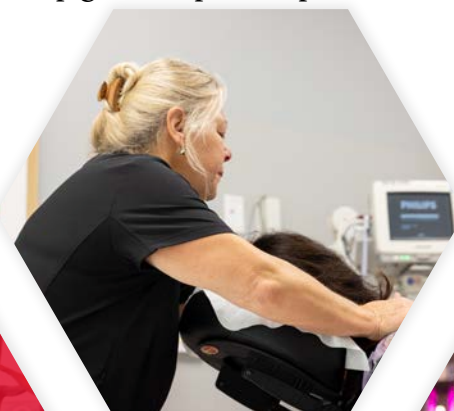
- UC Cancer Center Breast Cancer Reconstruction Day: A New Beginning: Taking Back Control of Your Health, Mladen Golubic, MD, PhD
- UC Cancer Center Flourishing Series: Happiness & Life Satisfaction Creating a Toolkit for Mental Wellness: Finding Peace and Awe in Every Day with Barbara Walker, PhD, and Mental & Physical Health with Pamela Sharpe, MSN, FNP-BC, Tina Walter, C-IAYT, Victoria Morgan, MFA

### Looking Ahead

## BLOOD CANCER HEALING CENTER EXPANSION: COMMUNITY LEARNING KITCHEN & COMMUNITY WELLNESS SPACE



Expand clinical care with a dedicated acupuncturists to provide acupuncture at the new Blood Cancer Healing Center. Slated to open in 2025, the fifth floor will include a community learning kitchen, wellness space for programming such as yoga therapy and sound immersion, and rooftop garden space to promote nature as medicine.



# PROVIDERS NEWLY CERTIFIED BY THE AMERICAN BOARD OF LIFESTYLE MEDICINE

Three clinical providers were newly certified by the American Board of Lifestyle Medicine (ACLM) and a Lifestyle Medicine Group was formed to bring together ACLM practitioners from across UC and UC Health.



## TIFFINY DIERS, MD

ASSOCIATE PROFESSOR AND CO-DIRECTOR OF THE CENTERING GROUP MEDICAL VISITS PROGRAM

“

Centering group visits create a container through which patients can learn from and support each other in improving their health, with a focus on healthy lifestyles. Preparing for the lifestyle medicine certification introduced us to additional resources and strategies for behavior change that we are now bringing into Centering groups. It's energizing to be part of a broader community supporting healthier lifestyles!



## JINDA BOWERMAN, DNP

FAMILY NURSE PRACTITIONER AND CO-DIRECTOR OF THE CENTERING GROUP MEDICAL VISITS PROGRAM

“

I've found a new passion and excitement when I work with my patients. It is really a wonderful thing to know that there are action steps in my hands (and in the hands of every individual) to lead a healthier, fuller, more active life.



## CHAD COE, MD

ASSISTANT PROFESSOR

“

By better incorporating Lifestyle Medicine into the medical advice I give patients, I think I can better affect their overall health and wellbeing in ways that I could not with more traditional approaches (adding more medications).

Centering Group Visits at the Civic Garden Center and La Soupe Teaching Kitchen



# ADVANCED EDUCATION

BY THE NUMBERS

679

Undergraduate Students

50

Graduate Students

37

Courses Offered

11

Teaching Faculty

32

Affiliated Faculty

## FY24 HIGHLIGHTS



The Lifestyle & Integrative Medicine for Everyone (LIME) curriculum integration project, led by Aaron Marshal, PhD, professor, and Mladen Golubic, MD, PhD, medical director, began work to integrate a new longitudinal wellness thread into the medical school curriculum for 1st and 2nd year students focused on integrative and lifestyle medicine thanks to support from the Weil Foundation and the Office of Medical Education. The first LIME retreat was held on September 29, 2023, and brought together course directors, students, and staff to gather ideas and synergize the project's goal of advancing integrative and lifestyle medicine education and prevention for the next generation, positioning the UC College of Medicine as a leader in the field.



A new interdisciplinary Graduate Certificate in Health Coaching was approved in partnership with the College of Education, Criminal Justice, and Health and Human Services. The growing field of health coaching emphasizes preventive care and lifestyle modifications, which have been shown to reduce the incidence of chronic diseases and improve overall public health. Throughout the program, students will gain valuable leadership skills to take to their organizations and learn to integrate health coaching principles to address personal health needs for individuals. After completing the certificate students will be eligible to sit for the National Board-Certified Health and Wellness Coach (NBC-HWC) credential.

## Looking Ahead

### DR. ANNIE FENN TO TEACH NEW COURSE IN 2025



Annie Fenn, MD, founder of Brain Health Kitchen, is set to join the Osher Center to teach a new course coming to the UC College of Medicine in 2025: How to Care For Your Brain: Neuroprotective Foods, Exercise, Sleep, and Other Brain Health Factors.





# MEET OUR *MSSP STUDENTS*

Thanks to a generous investment from alumnus Stephen T. Turner, MD, COM'75, the Medical Student Scholars Program (MSSP) in Integrative & Lifestyle Medicine expanded with three additional students this year.



## ADAM BEUCLER

“*I believe that integrative and lifestyle medicine are the future of preventing disease and lessening pain.*”

### Education & Experience

- University of Cincinnati College of Medicine M.D. Candidate, Class of 2027
- Bachelor of Science in Health Sciences from Furman University
- Volunteering experience working with community members to develop healthy diet and exercise habits as a FitRx coach



## CHRISTEN LESCALLETT

“*My goal is to learn how to guide patients towards healthy lifestyle improvements that are implementable and change the course of their healthspan.*”

### Education & Experience

- University of Cincinnati College of Medicine M.D. Candidate, Class of 2027
- Bachelor of Science in Nutrition from the Ohio State University
- Experience as a research assistant studying housing for homeless youth, patient care associate for patients with disabilities, and volunteer at NNEMAP Food Pantry in Columbus, OH



## KATIE MACVITTIE

“*I believe healthcare in America needs to shift more to preventative and lifestyle medicine, and I am so excited to be learning more about this approach so early in my medical education.*”

### Education & Experience

- University of Cincinnati College of Medicine M.D. Candidate, Class of 2027
- Bachelor of Science in Neuroscience from the University of Pennsylvania, Minors in Nutrition Science, Hispanic Studies, and Chemistry
- Medical Assistant at AIM for Wellbeing, an Integrative Medicine Clinic in Cincinnati, Volunteer at Hospice of Cincinnati



# INNOVATIVE RESEARCH

## FY24 HIGHLIGHTS



Funded by a \$1.4M federal grant to the Emergency Department Alternatives to Opioids Demonstration Program (ED-ALT) through the Substance Abuse and Mental Health Services Administration, and led by principal investigator Caroline Freiermuth, MD, MS, the Osher Center Workplace Mindfulness team developed an 8-week mindfulness and resiliency program delivering daily 5-minute videos to the UC Department of Emergency Medicine (ED) team members to decrease burnout and improve well-being through firsthand experience of mind-body therapies, enabling them to be more informed when offering these interventions to patients and families.



The Center broadened recruitment efforts for the Carrie K. Hayden Endowed Chair of Integrative Oncology Research to lead integrative oncology research design, protocols, and funding to inform evidence-based practices of integrative therapies for the prevention and treatment of cancer and throughout survivorship.



Medical Student Scholars worked on the following research projects:

- Research and development to create materials for the Lifestyle and Integrative Medicine for Everyone (LIME) medical school curriculum integration project and advocating for LIME with key stakeholders. (Faculty Mentors: Aaron Marshall, PhD and Mladen Golubic, MD, PhD)
- Funded by the Waddell Family Fund for Integrative Health and Lifestyle Medicine Research, data collection and evaluation of group medical and individual visits to evaluate whether a prevention and wellness-based program model initially focused on Parkinson's disease can be applied to other neurological conditions such as MS, dementia, stroke, and epilepsy. (Faculty Mentor: Mladen Golubic, MD, PhD)
- Data analyses generated to evaluate the impact of the first 8-week mindfulness-based intervention provided to the ED team. (Faculty Mentors: Sian Cotton, PhD, Harini Pallerla, MS, Caroline Freiermuth, MD, MS, and Meriden McGraw, MS, MPH)

## Looking Ahead

### ED-ALT GRANT EXPANSION TO REDUCE OPIOID USE



The Osher Center will expand its partnership with the Emergency Department to introduce a full menu of integrative health and medicine techniques for novel outpatient follow-up (e.g., acupuncture, yoga), with patients receiving information on mindfulness and stress reduction techniques to use immediately. Further mindfulness and resiliency training will be offered to the ED team.



# LEADERS *IN THE FIELD*

## FY24 HIGHLIGHTS



In April 2024, Sian Cotton, PhD assumed the role of Chair of the Board of Directors of the Academic Consortium for Integrative Medicine & Health. Dr. Cotton also served as one of eight presidents of the Second World Congress of Integrative Medicine and Health in Rome, Italy on Sept. 20-23, 2023, one of only two people representing North America at the World Congress that had attendees from over 51 countries.



Osher Center teaching faculty were recognized by UC College of Medicine students with 2023 Silver Apple Teaching Awards:

- Meriden McGraw, MS, MPH for “Mental Well-being and Self-care”
- John Sacco, MD and Lauri Nandyal, MD for “Introduction to Integrative Medicine”
- Meera Murthi, PhD for “Mindfulness Based Interventions - Science, Practice and Research”



Barbara Walker, PhD, assumed the role of Clinical Director of the new Nature as Medicine Program at the Osher Center. She is actively leading the charge to incorporate nature and parks prescriptions for interested patients and ongoing nature as medicine resources and support.



Mladen Golubic, MD, PhD, and Sian Cotton, PhD, served as subject matter experts during the inaugural International Lifestyle Medicine Symposium in Zagreb, Croatia, a hybrid event focused on introducing the field of lifestyle medicine to attendees including the Croatian president, the Croatian Ministry of Health, the President of the Association of Croatian-American Professionals, and many other high-profile international medical professionals. Dr. Golubic, a Croatian-American physician, presented first to the international crowd, sharing the integral pieces of lifestyle and integrative medicine—introducing the field to this region of the world.

“*I love working with this team to bring this into every community possible as early as we can, especially from a prevention standpoint because there are so many things that we can do as self-care that’s really able to drive health outcomes.*”  
Sian Cotton, PhD



# COMMUNITY ENGAGEMENT

BY THE NUMBERS

10

Community Events/Classes

1,431

Event/Class Registrants

57

Workplace Mindfulness Sessions/Retreats

23

Workplace Mindfulness Clients/Organizations

## FY24 HIGHLIGHTS



Established a new Parks for Wellness collaboration with the Cincinnati Parks Foundation to provide health and wellness education as well as movement and mindfulness therapies in the parks, with opportunities for social connection, and healing. Welcomed over 100 attendees in September 2023 at the inaugural collaborative event, An Evening of Wellness in Nature at Ault Park.



Collaborated with the Cincinnati Museum Center to offer the Food as Medicine Series, the first adult programming in their new Cr(EAT)e Culinary Studio. The first event was held in May 2024 on the topic of Gut Health with Lauri Nandyal, MD.



The Workplace Mindfulness team provided education on mind-body medicine as well as interactive video recordings for the new Advancing Health Gallery at the Cincinnati Museum Center, a new permanent, interactive exhibit. Workplace mindfulness expanded to corporate partners committed to supporting their employee's mental health, including Cincinnati Regional Chamber of Commerce, Procter & Gamble, Main Street Ventures, Veritas, EyeMed, Gorilla Glue, GE Aerospace, Greenacres Foundation, TruePoint Women's Wealth Council, FC Cincinnati, and Withrow High School.



Presented at the Kroger Wellness Festival in September 2023

- Clarity Around Cancer Panel Discussion, Mladen Golubic, MD, PhD
- Digital Detox, Meriden McGraw, MS, MPH
- Men's Personal Care Panel, Sanjay Shewakramani, MD



Welcomed two new Community Advisory Council Members: Christine Schaub, Senior Vice President & Private Wealth Advisor at US Bank, and Craig Young, entrepreneur and venture capitalist.

## Looking Ahead

### MOVEMENT IN PUBLIC PLACES WITH VICTORIA MORGAN



Victoria Morgan, MFA, retired Artistic Director of the Cincinnati Ballet and member of the Osher Center Community Advisory Council, created the Moving in Public Places program to inspire people to stay healthy and active as they age - no matter the location. Look for new opportunities for movement around Cincinnati.



Slated to open in 2025, the fifth floor of the Blood Cancer Healing Center will include a community learning kitchen, wellness space for community programming such as yoga therapy and sound immersion, and rooftop garden space to promote nature as medicine.



# HEALTH EQUITY

## PATIENT DEMOGRAPHICS

55.6%

The majority of patients are Black or African American

50%

Medicaid is the most used payor

23%

Accessed their integrative medicine visit via video

30%

Average number of patients from Cincinnati central neighborhoods at each location

## FY24 HIGHLIGHTS



The Osher Centers at UC and the University of California, San Francisco, collaborated to produce a virtual yoga therapy video library tailored to individuals with cancer, focusing on yoga, mindfulness, and integrative oncology education. Funded by the Osher Collaborative Exchange Grant and the first project of its kind for the collaborative, the library will support tens of thousands of patients and their caregivers who are seeking supportive self-care practices during treatment and into survivorship, and provide safe, accessible virtual classes saving patients both money and travel time.



Through the Whole Health in the States (WHITS) program of the Academic Consortium for Integrative Medicine and Health, supported by The David and Lura Lovell Foundation, the Workplace Mindfulness team provided mind-body skills training to Federally Qualified Health System (FQHCs) to offer experiential support to healthcare professionals who provide whole-person comprehensive pain care to underserved patients.



Offered a number of virtual no-cost sessions on a variety of topics to increase access to a diverse group of participants, including:

- Mindfulness meditation (How & Why to Start a Mindfulness Practice virtual event, and weekly mindfulness classes)
- Movement as medicine (Medication through Movement: The Benefits of Tai Chi virtual event and weekly movement classes including Tai Chi and Yoga Therapy)
- Food as medicine (Thankful & Thriving: Healthy Holiday Tips and Virtual Teaching Kitchen event)
- Nature as medicine (Nature as Medicine virtual event with over 300 registrants)



Expanded in-person, no-cost movement therapies to patients via seven weekly class offerings, including two new classes at the UC Gardner Neuroscience Institute:

- Gentle Yoga Therapy for Cancer
- Tai Chi Form



# THE POWER OF PHILANTHROPY

BY THE NUMBERS

40

FY24 Donors

\$244,289

FY24 Total Raised

5

MSSP Students Supported  
by Philanthropy

432

Classes Supported  
by Philanthropy

## FY24 HIGHLIGHTS



Thanks to a generous investment from alumnus Stephen T. Turner, MD, COM'75, the Medical Student Scholars Program (MSSP) in Integrative & Lifestyle Medicine expanded with three additional medical students this year. The MSSP program engages the next generation of healthcare providers with sustainable models of whole-person health.



Students Angelina Ricco and Kylee Armour chose to focus their efforts on the Osher Center in the “Doing Good Together: Student Philanthropy Studio” honors seminar, a unique course that provides students with hands-on experience in philanthropy. Throughout the semester, the students learned about the operations, ethics, and impact of philanthropy, as well as an inside look at the impact of philanthropy on the Osher Center’s operations, bottom line, and patient care. The semester culminated in a presentation by the students to faculty, staff, and UC Foundation Board Members to advocate for funds for the center. Thanks to Angelina and Kylee’s efforts, the Osher Center will receive a \$4,000 donation from the UC Foundation.



An anonymous donor matched Giving Day donations of up to \$25k to support the new Parks for Wellness program, a collaboration between the Osher Center and the Cincinnati Parks Foundation, resulting in \$26,335 in donations.



Dr. Daniel M. Asimus, COM'72, Community Advisory Council member and continued advocate, along with his wife Dr. Cheri Ewing, continue their decade-long support of our work into 2024 with a gift toward the Parks for Wellness program. Their giving began in 2014 with an inaugural donation of \$10k to establish the Dr. Dan Asimus and Dr. Cheri Ewing Fund for Integrative Medicine. Over the years, their generosity has supported the UC Task Force for Integrative Health and Wellness, a healthful snack corner for COM students, mindfulness program support, and more.



The Waddell Family Foundation donated \$25k to the Parks for Wellness program and \$25k to establish a sound immersion program. Monthly sound immersions will be offered at the UC Gardner Neuroscience Institute with Sonya Verma, MHSA, Sound Therapist, and will expand to the Blood Cancer Healing Center in 2025.



Faculty and Students of the *Doing Good Together* Philanthropy Seminar

# MEDIA & MENTIONS

UC News: The Healing Power of Nature | August 2023

Fox 19: An Evening of Wellness in Nature at Ault Park | September 2023

Psychology Today: Nature Can Help You Remain Positive Despite The News | October 2023

Sunday Morning Magazine with Rodney Lear WKRQ-FM, WUBE-FM, WREW-FM and WYGY-FM: Managing Stress with Tina Walter, C-IAYT | November 2023

Edible Ohio Valley: Last Word with Mladen Golubic, MD, PhD | November 2023

UC Health Media Room Maja's Story: Leaning on Cancer Supportive Services After a Triple Diagnosis | November 2023

Cincinnati Magazine Top Docs: 2024 Healing Through Integrative Health featuring Mladen Golubic, MD, PhD | January 2024

USA Today: Acupuncture is used to treat many conditions. Is weight loss one? with Derek Johnson, L.Ac, MSOM, DMQ | January 2024

UC News: Six micro mindful moments you can implement today for big change over time | February 2024

UC Health News Room: UC Health News Room Starting a Mindfulness Practice: Practical Tips from Meriden McGraw, MS, MPH | February 2024

Cincinnati Business Courier Whole Health Matters: University of Cincinnati's Meriden McGraw preaches, practices mindfulness | March 2024

Local 12: Mental health power hour: Local company steps up to offer support to employees | May 2024

UC Health News Room: The Loneliness Epidemic: Escaping Post-pandemic Social Isolation featuring Barbara Walker, PhD | May 2024

UC Health News Room: How a Fiber-rich, Plant-based Diet Helped Fight Stage 4 Melanoma featuring Rekha Chaudhary, MD | June 2024

Local 12: Blood Cancer Healing Center now open in Tri-State | June 2024

HCO News: Dynamic Cincinnati Blood Cancer Center Celebrates Grand Opening | June 2024

Local 12 Featured the Workplace Mindfulness Team presenting a 'Mental Health Power' Hour at Veritas







*"The positivity, support, and path forward I received from the integrative health team was life-changing."*

**MAJA FLANNERY  
INTEGRATIVE HEALTH PATIENT**



## **Maja Three Cancers A Boundless Story**

# PUBLICATIONS & PRESENTATIONS



## OSHER AFFILIATED FACULTY, & STAFF PUBLICATIONS

- Sulforaphane Bioavailability in Healthy Subjects Fed a Single Serving of Fresh Broccoli Microgreens, *Foods* 2023 Oct; 12(20): 3784. **Chaudhary, Rekha**
- Sleep Patterns of Premedical Undergraduate Students: Pilot Study and Protocol Evaluation, *Journal of Medical Internet Research*, 2024; 8: e45910. **Molano, Jennifer**
- Nutritional Status of Allogeneic Hematopoietic Stem Cell Transplant Recipients and Post-transplant Outcomes, *Journal of Nutritional Oncology*, 2023;75(4):1200-1210. **Couch, Sarah**
- Impact of Experiential Learning of Nutrition Therapy on Medical Students, *Medical Science Educator*, 2023 Mar 21;33(2):499-505. **Marshall, Aaron**
- Breaking Through the Wellness Noise with Legitimacy, *Journal of Integrative and Complementary Medicine*, 2024 Apr 12. **Fleming, Emilie**



## CONFERENCE PRESENTATIONS

2023 Integrative Medicine For The Underserved Conference in Santa Clara, CA | November 2023

- Dance/Movement Therapy Wellness Experiential, **Bray, Sneha**
- Poster presentation Centering Healthcare: Integrative Group Medical Visits for Underserved Communities, **Bray, Sneha; Knauer, Megan; Pallerla, Harini; Diers, Tiffany**

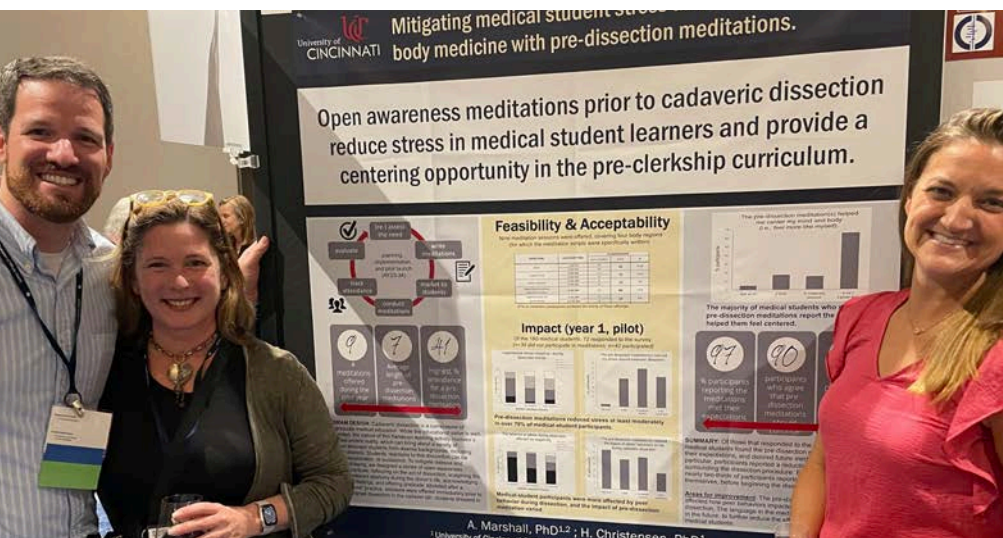
2024 International Congress Integrative Medicine & Health in Cleveland, OH | March 2024

- Poster Presentation “Efficacy of Integrative Medicine Therapies on Chronic Headache Severity: A Retrospective Study” **Trichey, Nithya; Golubic, Mladen; Cotton, Sian; Pallerla, Harini; McDonald, Susie; Funke, Conner; Dillman, Olivia**
- Oral Presentation “Innovations in Integrative Medical Education: Opportunities for Educators” **Haramati, Aviad; Marshall, Aaron; Adler, Shelley**
- Oral Presentation “Chairside Yoga Therapy for Patients Concurrently Receiving Cancer Infusions: A Promising Feasibility Study” **Robison, Gigi; Walter, Tina**
- Poster Presentation “Operationalizing Yoga Therapy Across the Cancer Continuum: Clinical Examples from the Field, and Charting the Way Forward” **Bethel, Kelli; Leibel, Leigh; Ovissi, Maryam; Walter, Tina**



## GRAND ROUNDS

- September 2023 University of Cincinnati Department of Neurology: Enhancing Neurological Practice by Integrative and Lifestyle Medicine Modalities, **Golubic, Mladen**
- November 2023 University of Cincinnati Department of Hematology Oncology: Living Well With Cancer: How Lifestyle Changes Can Complement and Enhance Modern Therapies, **Golubic, Mladen**
- April 2024 University of Vermont: Promoting Well-being in Healthcare: Mindfulness and Mind-Body Techniques to Manage Stress and Build Resilience, **Cotton, Sian**



Osher representation at the 2024 International Congress Integrative Medicine & Health



*"Inspiring people to make healthy choices."*

PAMELA SHARPE, MSN, FNP-BC  
NURSE PRACTITIONER & CHEF



Preventing Cancer through  
Healthy Choices: A Scientific  
Approach - Teaching Kitchen  
Event at Turner Farm

## Contact



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