

OSHER CENTER FOR INTEGRATIVE HEALTH

FY
2026

ANNUAL REPORT

prevent • heal • thrive

MED.UC.EDU/INTEGRATIVE



ABOUT *us*

VISION

To transform a disease-care system to a well-care system.

MISSION

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

APPROACH

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

INTEGRATIVE HEALTH

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.

VALUES



Relationship
Centered



Evidence
Based



Empowered



Integrity



Humility



Equitable



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LETTER *from the Director*



This year was a transformative year for the Osher Center for Integrative Health at the University of Cincinnati. Together, we took an important step toward a future of healthcare that recognizes and supports the whole person.

At the heart of this progress was the opening of the Osher Wellness Suite: a place where our vision for whole-person health comes to life. Here, people can cook, move, pause, connect, and recharge through evidence-based experiences in nutrition, movement, mindfulness, the arts, and nature.

The Wellness Suite reflects a simple but powerful belief: preventing illness, supporting healing, and thriving in everyday life are all part of the same journey.

Prevent. Heal. Thrive.

These words capture the work we advance through clinical care, education, research, and community partnerships. This year, our patients, students, faculty, and community members continued to help us expand what integrative health can look like, and how it can make a real difference in people's lives.

We are deeply grateful to everyone who makes this work possible, including our dedicated team, community partners, collaborators, volunteers, patients, and generous donors.

Together, we are building a healthier future, one that empowers people to prevent illness, advance healing, and ultimately thrive.



Be Well.

Sian Cotton, PhD

Center Director and Professor
Turner Farm Foundation Chair

Osher Center for Integrative Health at the University of Cincinnati
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FY26 At-A-Glance

CLINICAL
care

8,200
Total Patient
Visits

5,521
Acupuncture
Visits

21
Providers

2,460
Group Class
Participants

7
Clinical
Locations



806
Undergraduate
Students

23
Courses Offered
Spring/Fall Semesters

14
Teaching
Faculty

ADVANCED
education

122
Graduate
Students

444
Undergraduate
Medical
Students

55
Affiliated
Faculty

INNOVATIVE
research

11
Ongoing
Research Projects

\$57,754
Grants Received

1
NIH Grant
Reviewer

9
Presentations at
International
Meetings

5
MSSP Summer
Student Research
Projects



2,476
Osher Wellness
Suite Class
Registrants

2,641
Workplace
Mindfulness
Program Attendees

COMMUNITY
engagement

200+
Culinary Medicine
Teaching Kitchen
Class Attendees

964
Lifestyle Medicine
& Wellness Series
Registrants

POWERED BY
philanthropy

\$4,885,124
FY26 Total
Donor Revenue
& Pledges

265
Classes/Events
Supported by
Philanthropy

65
FY26
Individual
Donors

68
Healing Touch
Trainees Supported
by Philanthropy



WHAT YOU MAY notice

- Gentle, repetitive sound patterns:
- Support deep relaxation and meditative states of attention
 - Shift brainwave activity from active, task-focused patterns towards rest
 - Ease stress and mental fatigue

Introducing the OSHER WELLNESS SUITE

a home for
transformative wellbeing

“

“The Osher Center is a gathering place. A convening place. It provides the opportunity for people to learn more about how they can take control of their lives, health, and well-being. It allows the whole community and beyond to understand how important it is to live a healthy lifestyle and to engage everybody in that process.”

JOHN & CARRIE HAYDEN, COMMUNITY CHAMPIONS

”



Local Media Highlight | Completion
of Blood Cancer Healing Center
fourth and fifth floors

WHERE *Prevent. Heal. Thrive.* COME TOGETHER

THIS YEAR, OUR VISION BECAME A PLACE.

Since opening in March 2026, we have brought whole-person health to life by welcoming thousands of people to virtual and hands-on experiences that inspire them to cook, move, pause, connect, and recharge. Designed for patients, caregivers, students, employees, and community members, the Suite brings together nutrition, movement, mindfulness, the arts, and nature in a welcoming, restorative environment.



WHERE FOOD BECOMES MEDICINE | JOHN & CARRIE HAYDEN COMMUNITY LEARNING KITCHEN

The region's first academic Community Learning Kitchen offers classes that translate nutrition science into real-world skills for a variety of people, including:

- Cancer survivors and their families
- Individuals navigating cooking for one while grieving a loved one
- Faculty, medical students, residents, and fellows learning how to incorporate food as medicine into their future practice and own self-care
- Community members and students looking to eat well on a budget



MOVE. PAUSE. CONNECT | MIND-BODY-SPIRIT WELLNESS STUDIO

The Mind-Body-Spirit Wellness Studio brings people together through evidence-based, restorative in-person and virtual experiences, including:

- Mindfulness & Meditation
- Tai Chi
- Yoga Therapy
- Art Therapy
- Sound Immersion
- Healing Touch Training
- Spiritual Care
- MoveMORE with Victoria Morgan



CONNECT WITH NATURE | ROOFTOP HEALING GARDEN

The Rooftop Healing Garden offers a peaceful space for connection, respite, and gentle experiences that ease stress and help restore energy, including:

- Nature as Medicine experiences and nature-based reset micro-moments for patients, caregivers, and staff of the building, as well as community members
- Seasonally featuring plants and fresh herbs and vegetables for use in the kitchen



INTENTIONAL WELLNESS INCORPORATED THROUGHOUT THE SUITE



The suite features art by Robert Weaver, donated by the Weaver Family in his memory, and artwork from other students created during Art as Medicine classes



A Health & Wellness Lending Library is open to all to take a book, leave a book, and make wellness resources accessible to all



The Recharge Room features a smoothie bike and a charging bike to not only power your device but also support your well-being



The Wellness Studio features an inlaid labyrinth offering moments of mindfulness and reflection

PREVENT

empowering

people to take charge of
their health

“

"Self-care is the foundation of a healthy life, enabling each of us to take an active role in our own health. Just as humanity's journey to the Moon reminds us of the power of a single step, the choices we make each day – how, when and what we eat, how we move and sleep, reduce stress and connect with others – are our small steps toward protecting our health, strengthening resilience, enhancing well-being and sustaining vitality throughout our lives."

MLADEN GOLUBIC, MD, PHD, MEDICAL DIRECTOR

”



National Media Highlight | AARP
Understanding Inflammation:
What It Is and Why It Matters for
Your Health featuring Mladen
Golubic, MD, PhD

Prevent

MAKING PREVENTION
PRACTICAL &
ACCESSIBLE

TRAINING FUTURE & CURRENT PHYSICIANS ON THE IMPORTANCE OF PREVENTION & SELF-CARE

Shaping the future of medicine by expanding opportunities for medical students and providers to learn and experience lifestyle and integrative approaches:

- Joined 53 medical schools across the nation in a landmark initiative to integrate meaningful nutrition training into medical school curricula.
- Chef Stephanie White, EdD, Culinary Medicine Director, was named the Nutrition and Culinary Medicine Thread Director for the College of Medicine to help future physicians understand the healing power of food and confidently guide patients (and themselves) toward better health, with advisory group Malden Golubic, MD, PhD, Osher Medical Director, and Francoise Knox Kazimierczuk, PhD, RDN, Osher Affiliated Faculty.
- Embedding integrative health and lifestyle principles into UC medical student education through our Lifestyle and Integrative Medicine for Everyone (LIME) curriculum integration project.
- Received support from the Osher Collaborative for Culinary Medicine Bites, a video-based educational series designed to give health professionals practical culinary medicine skills (Principal Investigator: Stephanie White, EdD).

SUPPORTING WORKPLACE MENTAL WELLBEING & RESILIENCE

Our Workplace Mindfulness program continues to grow locally and nationally as a trusted partner for leadership development. Highlights include:

- Providing mindfulness-based leadership programming to executives and business leaders through Vistage.
- Hosting retreats for those doing lifesaving work at Cincinnati Children's Hospital and for UC Health and UC Cancer Center leadership.
- Helping emerging and established leaders build the self-awareness, resilience, and emotional regulation needed to lead effectively through our partnership with the Cincinnati Regional Business Chamber's leadership development initiatives.

PUTTING PREVENTION INTO PRACTICE | COMMUNITY ENGAGEMENT

Our collaborations bring evidence-based wellness experiences beyond traditional healthcare settings, making prevention practical and accessible.



Community Teaching Kitchen Events at Turner Farm & Cincinnati Museum Center



Tai Chi, Hiking, and more in the Parks and Forest Immersion and Camping 101 experiences for students



Music & Community Health initiatives, including Bootsy Collins *Metal Health* & Kroger Wellness Festival



Participated in the 513 Relief Bus, bringing no-cost resources to the community

What's Next INVESTING IN MEDICAL STUDENT WELLNESS

Expanding opportunities for UC medical students to experience integrative and lifestyle medicine firsthand, with key investments:

- The UC College of Medicine student affairs office is investing in student wellness programming at the Osher Wellness Suite and John & Carrie Hayden Community Learning Kitchen for students.
- Developing Osher Wellness Day in the Park, a signature experience designed to promote physical, emotional, and social well-being among UC medical students while introducing practical tools they can carry into their personal and professional lives, through the Dan and Cheri Asimus Endowment Fund.



HEAL

Transforming
care for the whole person

“

“I was making lists every single day. Lists for my business, lists for my family — and I was never on the list. I finally put myself at the top of the list.”

KRISTEN BAILEY, PATIENT WITH MULTIPLE SCLEROSIS

”



Patient Story | Finding Strength
Through Diagnosis: Kristen's
Journey with Multiple Sclerosis &
Prioritizing Self-Care with
Integrative Health

Heal

EXPANDING PATHWAYS
TO HEALING



EXPANDING INTEGRATIVE HEALTH OPPORTUNITIES FOR ADULTS WITH DEVELOPMENTAL DISABILITIES

Expanded access to integrative services for adults with developmental disabilities through a new partnership with the Timothy Freeman, MD Center for Developmental Disabilities. Massage Therapy was integrated into care, as well as the Music, Wellness, and Community Survey, to inform the development of future music, wellness, and sensory-informed programming for adults with developmental disabilities and their caregivers. Led by Betsey Zenk Nuseibeh, PhD, Music and Health Director, the initiative represents a growing commitment to understanding how creative and sensory-informed approaches can support well-being, connection, and community.



MAKING ACUPUNCTURE MORE ACCESSIBLE | COMMUNITY ACUPUNCTURE

Our acupuncture practice continues to experience strong demand, with a 23% increase in individual acupuncture visits from FY25, in part because Osher is among the few practices in the region offering acupuncture with insurance coverage. To expand access and ease demand for one-on-one appointments, we introduced Community Acupuncture at the Osher Wellness Suite. This small-group model provides expert care without a referral or waitlist, making acupuncture more affordable, convenient, and easier to incorporate into ongoing self-care.



CULINARY MEDICINE IN ACTION | BRINGING PATIENTS & THEIR FAMILIES INTO THE KITCHEN

The John & Carrie Hayden Community Learning Kitchen became a place where patients and families learned, connected, and built confidence around food and health.



Cincinnati Children's Build-it-Bites

A culinary medicine and health education program designed to help pediatric oncology patients and their families learn healthy cooking skills together



Cancer Survivorship & Supportive Services

Reclaiming the Table Nutrition Workshop was hosted during Cancer Survivors Month to provide practical nutrition strategies and a shared meal in community with other survivors and their families



Hospice of Cincinnati Cooking for One

Cooking for One brought participants together to connect, share grief resources, and learn strategies for preparing meals for one



What's Next

REIMAGINING PRIMARY CARE | INTEGRATIVE PRIMARY CARE

We are laying the groundwork for integrative primary care, a model that brings whole-person health into the foundation of everyday healthcare. By integrating conventional medicine with evidence-based, integrative and lifestyle approaches, we can reach more people where they already receive care and make whole-person health a routine part of the patient experience, covered by insurance.



THRIVE

growing the evidence
and extending our reach
to help people thrive

“

“If we’re going to transform a system, we must lean in.
Food is medicine. Exercise is medicine. Nature is
medicine. Arts and movement are medicine.
Mindfulness is medicine.”

SIAN COTTON, CENTER DIRECTOR

”



Cincinnati Magazine Top Docs | UC
Health and Cincinnati Parks
Partner on a New “Nature As
Medicine” Program



WANG APPOINTED CARRIE K. HAYDEN ENDOWED CHAIR IN INTEGRATIVE ONCOLOGY

The Osher research portfolio is rapidly expanding under the direction of Ying Wang, MD, PhD, Osher Center Research Director. Funded by the National Institutes of Health, Dr. Wang's research program evaluates the clinical effectiveness and underlying biological mechanisms of mind-body interventions such as acupuncture and acupressure for managing pain and comorbidities, with particular interest in complex chronic conditions including sickle cell disease, cancer, and other immune-neurobiological disorders. In recognition of her expertise, Dr. Wang has served on 16 regional and national Study Sections, including those of the National Institutes of Health (NIH) and the Department of Veterans Affairs (VA), and has reviewed numerous grant applications in the fields of pain and/or integrative health, underscoring the center's growing national research impact. Given this impact, the center joined BraveNet, one of the most esteemed networks of Integrative Medicine, known as the first and largest practice-based research network for integrative medicine and health in the United States, which comprises 35 integrative medicine sites.



A RESEARCH PORTFOLIO THAT IS MOVING HEALTH FORWARD

We are strengthening the evidence behind integrative and whole-person health with new leadership, national collaborations, student research, and externally funded projects.



Integrative Medicine in Pain Management in Sickle Cell Disease: Assessing the Clinical Efficacy & Neurobiological Impact with Acupuncture/ Acupressure (NIH R01 project)
Principal Investigator: Ying Wang, MD, PhD



Survivorship Soundtrack: Co-designing a Songwriting and Singing Intervention to Support Autonomic Regulation and Connection with Breast Cancer Survivor (BCS)
Principal Investigator: Betsey Zenk Nuseibeh, PhD



Identifying barriers to create behavior change: An evaluation of a community-based learning kitchen
Principal Investigator: Stephanie White, EdD



2026 INTERNATIONAL CONGRESS REPRESENTATION

Sian Cotton, PhD, Center Director, completed her term as the Chair of the Board of Directors of the Academic Consortium for Integrative Medicine & Health. Additionally, the Osher team had five presentations:

- Short-Term Changes in Patient-Reported Emotional Well-Being and Function After Integrative Medicine Consultations
- Nature RX: A novel program prescribing nature in local parks to patients in an urban healthcare setting
- A Pilot Study on the Use of Massage Therapy and Healing Touch To Enhance the Overall Well-Being of Patients with Cancer
- Impact of a Novel Forest Immersion Experience on the Well-Being of Individuals in an Urban Academic Setting
- Five Osher Centers, One Mission: A Multi-Institutional Programmatic Comparison of Culinary Medicine Health Professional Training

What's Next EPILEPSY WELLNESS INNOVATIVE RESEARCH GRANTS

The Charles Shor Research Innovation Fund supports novel approaches and pilot programs designed to improve quality of life and reduce seizures and other epilepsy-related symptoms. Osher's first-round funded projects include:



Art therapy and epilepsy: exploration of impact on quality of life, stress, and psychosocial comorbidities. Principal Investigators: Emily Nurre, MD and Meera Rastogi, PhD



Music Engagement and Autonomic Stress Regulation in Epilepsy (MEASURE-EPI). Principal Investigator: Betsey Zenk Nuseibeh, PhD





TOGETHER

powered by
people, partnerships & philanthropy

“

"Through the Osher Center's powerful work, we are transforming health care—and ultimately our community—by integrating lifestyle and integrative medicine into our health care system to benefit people living with chronic disease. Now we challenge everyone to prioritize prevention and become empowered to be active participants in their own well-being."

JOHN M TEW, JR., MD, OSHER ADVISORY COUNCIL MEMBER

”



Watch | Celebrating a Vision:
Experience the new UC Osher
Wellness Suite and Learning
Kitchen

Together

BUILDING A HEALTHIER
FUTURE, TOGETHER



CELEBRATING A LEGACY | JOHN M. TEW, JR., MD

This year we were honored to celebrate the visionary leadership and enduring legacy of John M. Tew, Jr., MD.



Celebrated Dr. John & Susan Tew on May 19, 2026 to recognize their impact and introduce the community to the Osher Wellness Suite



Established the Dr. John & Susan Tew Sempre Sano Fund to bring their extraordinary legacy and vision to life



Cincinnati Mayor Aftab Pureval officially proclaimed May 19, 2026, as "John & Susan Tew Day" in the City of Cincinnati



Awarded the inaugural Dr. John M. Tew, Jr., MD, Sempre Sano Award and the Carrie Hayden Leadership Award



ADVANCING EPILEPSY CARE THROUGH A WHOLE-CARE APPROACH

The Charles L. Shor Foundation made a nearly \$4 million investment, part of which has established the Charles Shor Epilepsy Wellness Initiative and the UC Health Osher Center & Epilepsy Center Clinical Services Fund to perpetually strengthen an integrative epilepsy care partnership between the UC Epilepsy Center and the Osher Center at UC, giving people with epilepsy and their families access to a combination of conventional medicine and integrative therapies with a focus on healthy lifestyle.



ADDITIONAL OSHER INVESTMENT SUPPORTS OSHER WELLNESS SUITE & ENDOWMENTS

The Bernard Osher Foundation made an additional \$2.1 million investment in the Osher Center, in addition to its \$5.5 million investment in the center in 2021. The Foundation's latest gift supports the center's endowment and the new UC Osher Wellness Suite and John & Carrie Hayden Community Learning Kitchen.



ADVISORY COUNCILS PLAY VITAL ROLE IN ADVANCING OUR MISSION

Our Academic Advisory Council, led by Aviad Haramati, PhD, and Community Advisory Council, co-led by Kay Geiger and Beverly A. Grant, are independent bodies of respected community and academic leaders that embody the spirit of collaboration and innovation at the heart of integrative medicine. Bringing diverse expertise from healthcare, academia, industry, government, and the private sector, they bridge the Center's work with the broader community. Through their insight, advocacy, and partnership, they help shape programs that are relevant, accessible, and responsive to community needs.



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Support



BE OUR PARTNER IN HOPE & HEALING

As the Osher Center continues to grow and positively impact more members of our community, we look forward to engaging those who find true meaning in their philanthropy to advance our important mission of integrative health for all.

DONATE NOW | bit.ly/Give2Osher

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