



HELP SUPPORT OUR MISSION BY BECOMING *a Friend of the Osher Center*

Forge an in-depth relationship with your health and the wellness of your community. Join the Osher Center in our efforts to transform healthcare to one that prioritizes whole-person wellness. Many of our community programs are brought to you by the generous philanthropy from the Friends of the Center. Scan to learn more.





WHAT YOUR DONATION MAY *Support:*

\$500+

Gifts at this level may support:

- Community wellness educational programs including virtual Lifestyle Medicine and Wellness series accessible to all
- 8-week mindfulness group session for one under-resourced patient

\$1,000+

Gifts at this level may support:

- Student scholarship to attend a wellness event or national integrative medicine meeting
- Community wellness program support including, for example, supplies for in-person Parks for Wellness Event

\$2,500+

Gifts at this level may support:

- Medical student scholars program summer research stipend
- 15 acupuncture or massage therapy sessions for under-resourced patients

\$5,000+

Gifts at this level may support:

- Culinary medicine group teaching kitchen experiential for up to 20 attendees
- Faculty training for 2 members to attend 3-day mind-body skills training retreat

\$10,000+

Gifts at this level may support:

- Workplace Mindfulness and Resilience full-day immersive retreat
- One year of weekly movement-based therapy (e.g., yoga therapy, Tai Chi) classes at the UC Gardner Neuroscience Institute or UC Health Cancer Wellness Clinic

\$25,000+

Gifts at this level may support:

- Pilot research study focused on integrative health and/or lifestyle medicine
- Year-long Helms acupuncture training or 2-year Weil fellowship for faculty to expand Osher team

\$50,000+

Gifts at this level may support:

- Community teaching kitchen demonstration or wellness event sponsorship
- Group medical visit and group classes coordinator to expand evidence-based integrative health group wellness services for patients



FOR MORE INFORMATION, PLEASE CONTACT *Katie Arce*

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