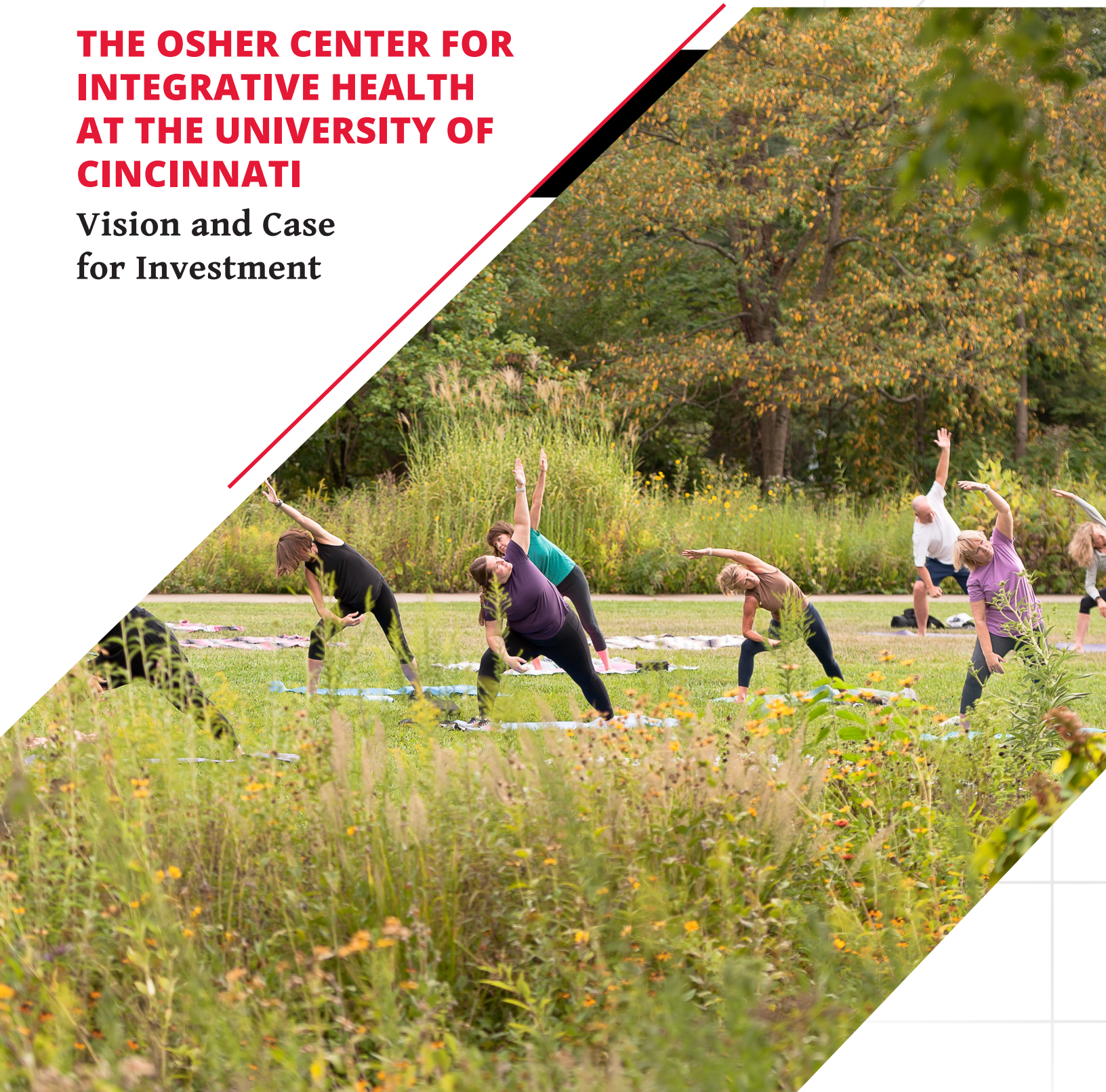


# THE OSHER CENTER FOR INTEGRATIVE HEALTH AT THE UNIVERSITY OF CINCINNATI

Vision and Case  
for Investment



**“Through the Osher Center’s powerful work, we are transforming healthcare—and ultimately our community—by integrating lifestyle and integrative medicine into the healthcare 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**

*Community Advisory Council, Osher Center  
Professor of Neurosurgery, University of Cincinnati  
Professor, Department of Family and Community Medicine, UC*



Dear Friends and Supporters,

At the Osher Center for Integrative Health at the University of Cincinnati, we are proud to be at the forefront of transforming healthcare from a primarily disease-care system to a well-care system focused on prevention and self-care. As one of only 11 Osher Centers across the globe, our mission is rooted in a commitment to whole-person care, combining the best of conventional medicine with tried-and-true integrative therapies and lifestyle medicine approaches.

Our center's impact would simply not be possible without the transformative investment from our visionary partners. This includes The Bernard Osher Foundation, inviting us to join the esteemed Osher Collaborative, the Turner Farm Foundation, the Charles L. Shor Foundation, and John and Carrie Hayden, whose investments have established key programs such as the Carrie K. Hayden Endowed Chair of Integrative Oncology Research and the John and Carrie Hayden Community Learning Kitchen.

Together with key stakeholders, clinicians, faculty, staff and our friends of the center, we are catalyzing a healthcare revolution to achieve our mission of improved health for all.

Thank you for being our partner in this journey to a healthier life.

Be Well,



**Sian Cotton, PhD**

*Director, Osher Center for Integrative Health  
at the University of Cincinnati  
Turner Farm Foundation Endowed Chair*

*Left: Sound Immersion in the Mind-Body-Spirit Wellness Studio  
within the Osher Wellness Suite, UC Blood Cancer Healing Center.*

## ABOUT THE OSHER CENTER

At the Osher Center for Integrative Health, we believe healthcare should be as dynamic and whole as the people it serves. Every day, we help patients, caregivers, students, providers and communities discover new paths to healing—not just through traditional medicine, but through movement, mindfulness, nutrition, music/art and nature. Integrative and lifestyle medicine can transform healthcare from primarily treating disease to prioritizing prevention and whole-person care.

**We are one of only 11 Osher Centers worldwide and part of a visionary network integrating whole-person, evidence-based care into mainstream healthcare.**

At UC, our unique strengths, including deep community ties, interdisciplinary partnerships and a strong academic foundation, position us not only to innovate, but to lead.

Innovation alone isn't enough. We need philanthropic partners who share our belief that everyone deserves access to compassionate, comprehensive whole-person care.



**At the heart of our work are the core pillars of integrative and lifestyle medicine. These pillars serve as the foundation for improved health outcomes and more engaged, resilient and healthy communities.**



### **Food as medicine**

As a founding member of the Teaching Kitchen Collaborative, the Osher Center provides virtual and hands-on nutrition education and experiences to the community and medical students, to empower them to prepare healthy, affordable and delicious meals in the John and Carrie Hayden Community Learning Kitchen and community partners such as Turner Farm and the Cincinnati Museum Center.



### **Movement as medicine**

The center promotes the benefits of movement as part of healthcare, offering classes at low to no cost to patients, UC students, including College of Medicine students, and the community—with particular support for individuals living with chronic conditions.



### **Mindfulness as medicine**

The center has a robust set of mindfulness offerings for patients, caregivers, workplaces and the community with evidence-based mental wellness and stress management programs.



### **Nature as medicine**

Through our partnership with the Cincinnati Parks Foundation and Cincinnati Parks, a top-ranked park system nationally, UC Health is the only health system in the area prescribing time in nature for innovative, evidence-based care and a deeper connection to our local natural world.



### **Music and art as medicine**

The center is revolutionizing healthcare in our region by incorporating expressive therapies such as art, music and dance into whole-person care.

*Left: Osher Center Medical Director Mladen Golubic, MD,  
and family nurse practitioner Pamela Sharpe, APRN*

## OSHER WELLNESS SUITE

Our new, one-of-a-kind space brings people together to cook, move, pause, connect, and recharge through hands-on wellness experiences grounded in approaches backed by science to support your health and well-being.

### A home for transformative well-being

The first of its kind in Greater Cincinnati, the suite includes:

- The John and Carrie Hayden Community Learning Kitchen—the region’s first Academic Community Learning Kitchen, created to translate nutrition science into real-world skills.
- The Rooftop Healing Garden—designed for reflection and small group experiences such as Nature as Medicine, nature-based reset micro-moments, and growing herbs and vegetables used in the community learning kitchen.
- The Mind-Body-Spirit Wellness Studio—a space centered around bringing people together through evidence-based, restorative and movement experiences.

The suite houses research-backed, personalized wellness in-person and virtual group classes and events intended to address stress, burnout, fatigue, chronic conditions, and more, all in a calming environment where community thrives.



## LEADING IN RESEARCH

As a leader in the field of integrative care, the Osher Center for Integrative Health at UC is actively involved in research on integrative health therapies and lifestyle approaches.

The center is also a member of BraveNet, an esteemed practice-based research network of 35 integrative medicine sites worldwide working to advance the field through clinical outcomes and cost-benefit research.

### **Current and past Osher Center research includes studies of:**

- Non-pharmacologic approaches for pain and stress in the emergency department.
- Workplace mindfulness programs focused on building resilience and managing stress.
- Evaluating lifestyle and integrative medicine approaches in patients with chronic illness, including multiple sclerosis, Parkinson's, cancer, sickle cell disease and chronic pain.

### **Wang appointed as Carrie K. Hayden Endowed Chair in Integrative Oncology**

Under the direction of Ying Wang, MD, PhD, Osher Center Research Director and associate professor in the Department of Family and Community Medicine, and inaugural Carrie K. Hayden Endowed Chair in Integrative Oncology, we are rapidly expanding our research portfolio.

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.

By mapping the mechanistic pathways of mind-body therapies, Dr. Wang leads the development of an integrative health research program designed to translate evidence-based therapeutic modalities into whole-person care, improving long-term quality of life.

*Left: The John and Carrie Hayden Community Learning Kitchen in the Osher Wellness Suite, UC Blood Cancer Healing Center.*

## OUR VISION

Your support empowers the Osher Center to grow impactful programs and make integrative health more accessible and inclusive, and expand the evidence base. Together, we can **prevent** illness through proactive, whole-person care, **heal** individuals and communities with non-pharmacological therapies and lifestyle approaches, and help everyone **thrive** by building lasting resilience and well-being. Together, we can:

### **Prevent:** Train the next generation of healthcare leaders

We're shaping the future of medicine by embedding integrative health principles into the education of UC medical, nursing, pharmacy and allied health students. Through our lifestyle and integrative medicine curriculum integration, these topics are woven into existing courses, transforming how our region's future healthcare providers advance integrative and lifestyle medicine education. With your support, we can create scholarships, develop clinical rotations and provide interdisciplinary training that prepares providers to treat the whole person, not just their conditions.

### **Heal:** Expand access for under-resourced communities, healthcare providers and employees

Many individuals and families in our region face barriers to whole-person care. These include those experiencing chronic stress, economic hardship and trauma, and our frontline healthcare providers, caregivers and employees. Your investment can mitigate some of those barriers by providing our community access to free or low-cost programming in nature-based therapy, food-as-medicine initiatives, mental wellness support, music, art and movement therapy.

### **Thrive:** Advance research for new pathways to wellness

We are investigating how integrative and lifestyle approaches can prevent disease, accelerate recovery and improve quality of life, especially for those with chronic pain, cancer, neurological or mental health conditions. Philanthropy allows us to deepen this research and translate findings into real-world practical solutions.

## OPPORTUNITIES FOR GIVING

We welcome discussions around **programmatic support, research or education funds, endowments or naming opportunities** in the Osher Wellness Suite. Priorities include:

- The John and Carrie Hayden Community Learning Kitchen, where **food becomes medicine** and lifestyle change becomes manageable.
- The **nature as medicine initiative**, including forest therapy and green space prescriptions.
- The **mindfulness-based interventions lab**, building resilience, stress management and mental well-being, especially in patients undergoing treatment for cancer and other conditions.
- The **music and art as medicine program**, partnering with local arts organizations, practitioners and students to expand healing opportunities for patients and families.
- **Healing through movement**, expanding access to therapeutic yoga, tai chi and mindful movement to build strength, balance and lasting wellness.
- An **integrative health access fund**, supporting access to clinical care for under-resourced individuals and communities.
- **Invest in research growth** through operating support, innovation funding, and infrastructure that strengthens clinical, translational and basic science programs.

## BE OUR PARTNER IN HEALING AND HOPE

Your philanthropy creates a ripple effect—helping individuals live fuller, healthier lives, supporting communities to thrive and positioning the University of Cincinnati as a national leader in integrative, compassionate whole-person care.

*We would be honored to partner with you in this transformative work.*

## THANK YOU

We're grateful for your thoughtful consideration of a gift to  
*Osher Center for Integrative Health at the University of Cincinnati.*

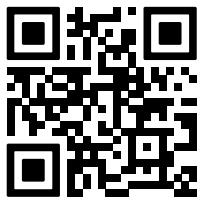
## CONTACT

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To learn more about how philanthropy can make  
a meaningful impact, scan the QR code or visit  
[med.uc.edu/institutes/integrative](https://med.uc.edu/institutes/integrative)

*Right: Victoria Morgan, Community Advisory Council, Osher Center;  
Artistic Director Emerita, Cincinnati Ballet*





# **This is how breakthroughs happen.**

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