



## Volunteer Program



EMAIL: [ruttinja@ucmail.uc.edu](mailto:ruttinja@ucmail.uc.edu)

PHONE: (513) 558-5999

WEB: [med.uc.edu/integrative](http://med.uc.edu/integrative) | [uchealth.com/integrative](http://uchealth.com/integrative)





# Mission, Vision & Values

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**.

Our **VISION** is to transform a **disease-care system** to a **well-care system**.



Patient- Centered



Empowered



Equitable



Evidence-Based



Integrity



Humility

# 1 of only 10 Osher Centers in the USA

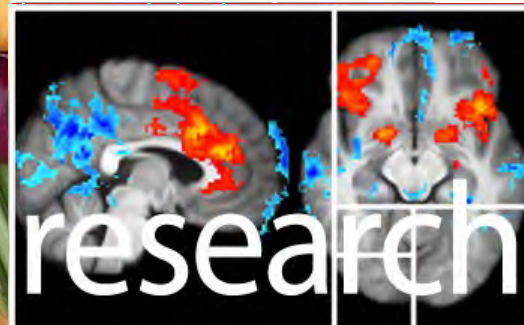




**FOOD** is medicine



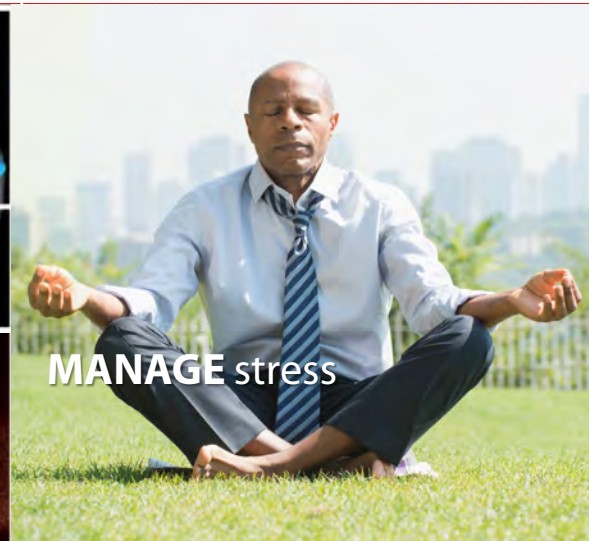
**MOVE** to heal



research



connect



**MANAGE** stress



University of  
**CINCINNATI**

OSHER CENTER FOR  
INTEGRATIVE HEALTH

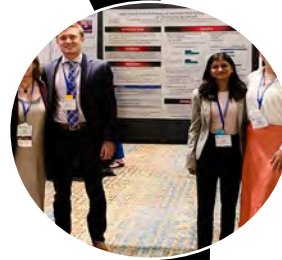
1 of only 10 Osher  
Centers in the USA



## Education



Department of Family and  
Community Medicine, Division of  
Integrative Medicine (est. 2014)



## Research



## Clinical Health

UC Health Integrative Medicine  
(est. 2012)



## Community



# A Wellness Platform

Cancer Center

Gardner Neuroscience Institute

Hoxworth Center

Cardiovascular Health & Disease

Women's Center

Lindner Center of Hope

Drake Center

Medical Education

**Blood Cancer Healing Center**

Osher Center for Integrative Health

# Osher Wellness Suite 5th Floor BCHC



- Community learning kitchen
- Community group wellness space
- Rooftop garden





## Volunteer Opportunities: Studio

- **Class and Event Support**
  - **Set-Up and Tear Down**
    - Moving Equipment as needed
    - Providing necessary supplies
    - Ensuring items remain stocked
    - Being point of contact during class for any instructor questions
    - Assisting with class check-ins
    - Light cleaning tasks to ensure space is ready for next class
- **Volunteer Instructor**
  - Certification and Liability Insurance Required
  - Test Class and Interview Required





## Volunteer Opportunities: Virtual

- **Class and Event Support**

- **Virtual Class Assistant**

- Assisting participants and instructors with any technology issues
    - Monitoring for participant safety during class
    - Being point of contact during class for any instructor questions
    - Assisting with class check-ins

- **Volunteer Instructor (Virtual)**

- Certification and Liability Insurance Required
  - Test Class and Interview Required



# Student Internship Opportunity 1

- **Osher Center Wellness Intern (Unpaid)**
  - 1-2 Students Accepted, 1-Semester Commitment Required
  - Interview Required
- **Responsibilities**
  - **Community Events**
    - Tabling at community events to help amplify the work of the Osher Center
  - Additional Responsibilities within Wellness Suite to be assigned based on interest and availability





## Volunteer Opportunities: Nature

- **Nature as Medicine Volunteer**

- Helping maintain the rooftop healing garden
  - Watering plants (indoor and outdoor) as needed
  - Weeding and maintaining plant beds
  - Harvesting herbs and vegetables when ready
  - Light Cleaning tasks to ensure space is welcoming for guests
- Assist with guiding participants on Nature as Medicine Walks





## Volunteer Opportunities: Kitchen

- **Kitchen Experience Preferred**
- **Class and Event Support**
  - Assist with participant check-ins
  - Assist with class management and safety monitoring
  - Assist with Technology as needed
  - Clean-up during and after event (dishes, wiping down surfaces)





# Student Internship Opportunity 2

- **Osher Center Learning Kitchen Teaching Assistant (Unpaid)**
  - 1-2 Students Accepted, 1-Semester Commitment Required
  - Interview Required
  - Servsafe Certification Preferred
  - Kitchen Experience Preferred
- **Key Responsibilities**
  - Assist with Food and Supply Preparation
  - Assist with Class and Recipe Creation
  - Assist with class management and safety monitoring
  - Clean-up during and after event (dishes, wiping down surfaces)



## Next Steps

Please complete this survey to confirm your interest in volunteering with the Osher Center. We will be in touch with you individually to conduct any required interviews or schedule your first shift.

**Thank you!!**



# Sign Up for our EMAIL NEWSLETTER



Healthy lifestyle medicine and wellness tips



Be the first to know about new events and classes



Healthy recipes



The latest evidence-based health news



SCAN ME!

