

CENTER FOR INTEGRATIVE HEALTH AND WELLNESS



FRIENDS OF INTEGRATIVE HEALTH AND WELLNESS

*Be a Champion of Wellness
for Your Community*

As the UC Center for Integrative Health and Wellness strives to fulfill its vision of becoming a transformational leader in healthcare, it will need to expand its reach to an ever-growing population that will benefit from its focus on prevention, early intervention and healing. To accomplish this goal from a grassroots approach the Center's Community Advisory Council approved the establishment of a "Friends of Integrative Health and Wellness" program.

Interested community members can forge an in-depth relationship with the Center by becoming a champion for health and wellness through the Friends program. The goal of the program is to create advocates, increase participation in the Center's activities and advance opportunities for involvement with wellness initiatives in Greater Cincinnati.

We invite you to be a champion of your own health and the health and wellness of your communities while and helping to grow the Center's mission. By doing so, Friends agree to:

- Provide an annual gift of at least \$1,000 to the UC Center for Integrative Health and Wellness to advance Friends initiatives and the mission of the Center.
- Work with fellow Friends to develop engagement and educational activities on behalf of the program.

Friends will enjoy the following benefits:

- Invitation to Center receptions, community events, educational programs, symposium and other events.
- An annual report on the activities of the Center and the impact of your generosity.
- Quarterly e-newsletter with the latest wellness information and research.
- Membership into the University of Cincinnati Charles McMicken Society.

For more information about this opportunity, please contact Dolores Dodson at (513)-558-4175 or dolores.dodson@uc.edu, who can answer your questions and facilitate your contribution.

Or, complete and return the enclosed sign up form. Thank you for your consideration!



PO Box 19970 Cincinnati, OH 45219-0970 t (513) 556-6781 f (513) 556-4300

med.uc.edu/integrative

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*Thank you for serving as a Friend of the
UC Friends of Integrative Health and Wellness program.*

A minimum gift of \$1,000 will be greatly appreciated and used to advance the mission of the Center.

Friends Cumulative Giving Levels:

\$1,000 - Wellness Level

\$2,000 - Healing Level

\$5,000 - Mindfulness Level

\$10,000 - Serenity Level

Please fill out the bottom of this form and return with check made payable to **Integrative Health and Wellness Development Fund** to:

Dolores Dodson
UC Foundation
PO Box 19970, Cincinnati, OH 45219

Or, complete and check the "Pledge Payable by" box.

Note: If you are paying via payroll deduction or with a credit card, please contact Dolores Dodson at (513) 558-4175 or dolores.dodson@uc.edu.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Mobile Phone: _____

Email: _____

Payment Enclosed Pledge Payable by _____, 20 ____

Thank you for your continued generosity and leadership!

