

Friends of the Center of Integrative Health & Wellness Circle

The vision of The UC Center for Integrative Health and Wellness (CIHW) is to become a transformational leader in healthcare with a focus on prevention, early intervention and healing. Our goals to expand our reach into under-resourced communities requires the support of the community.

You are invited to forge an in-depth relationship with The Center and join the grassroots effort to make access to integrative medicine for all a reality. We invite you to support the mission of The Center for Integrative Health and Wellness and our efforts to transform healthcare at one of the following giving levels. We aim to be inclusive and engage with the community at all levels. Gifts of any amount qualify you to become a “Friend of the Center” and to receive the following benefits at one of our Friends Giving Circle levels.

FRIENDS CIRCLE GIVING LEVELS

Connected | \$1-\$999

Connected is a newly established giving level that provides an opportunity for individuals to engage with the CIHW and learn more about the mission-driven programs we provide. Gifts at this level support community wellness programs. We look to engage all Friends including (but not limited to) students, young professionals, historically marginalized communities, and/or newcomers interested in learning about integrative health and wellness. Benefits include:

- Quarterly e-newsletter with the latest wellness information and research
- Engagement and connection with like-minded community members
- Opportunities for involvement with wellness initiatives in Greater Cincinnati
- Invitations to ‘Friends Only’ events and programming
- Opportunities for free educational content - webinars, mindful meditations, and symposium lectures and more
- An annual Impact Report sharing the impact of philanthropy and growth of The Center

Wellness | \$1,000-\$4,999

The Wellness giving level is focused on engaging Friends of the Center with increased educational opportunities and expanded knowledge about integrative medicine across the healthcare space. Gifts at this level will increase availability of integrative therapies for under-resourced patients, will support mindfulness and stress reduction programs in local Cincinnati schools, and promote the overall mission of The Center. Benefits include:

- All benefits provided at the Connected Level
- Membership into the Charles McMicken Society (a leadership recognition society within UC with additional benefits and discounts within UC)
- Invitation to CIHW faculty-led lectures about the importance of integrative medicine across healthcare service lines (e.g., cardiovascular, neurology, sleep, etc.)
- Invitations to engage directly with CIHW faculty

Healing | \$5,000-\$9,999

The Healing giving level was designed to introduce Friends to taking an active role in their own wellness journey. Benefits include additional opportunities to explore wellness practices via scientific literature, engagement in courses in evidence-based topics such as mindfulness-based stress reduction (MBSR), nutrition, movement, guided meditations and more. Benefits include:

- All benefits provided at the Wellness Level
- Access to literature from expert integrative medicine practitioners
- Discounted rates for 8-week Jon Kabat Zinn Mindful Based Stress Reduction (MBSR) course
- Invitations to guided meditations from Center faculty
- Invitations to farm to table hands-on cooking demonstrations
- Recognition in the annual impact report as a Friend of the Center

Mindfulness | \$10,000-\$24,999

Individuals supporting at the Mindfulness giving level are invited to put into practice their wellness skills by directly impacting others' journeys. Gifts at this level have the opportunity to sponsor a movement-based therapy in a particular service line such as neuroscience, fuel latest research surrounding integrative medicine practices, and further expand of the overall mission of The Center. Benefits include:

- All benefits provided at the Healing Level
- Invitations for quarterly intimate group guided meditations and/or nutrition discussions from Center faculty and/or leadership
- Opportunities for luncheons and engagement touchpoints with Center faculty and leadership as well as an intimate group of engaged donors
- Opportunities for annual Friend get togethers (such as yoga retreats or forest bathing)

Serenity | \$25,000+

Individuals belonging to the Serenity level are experienced in their wellness journey and engagement with The Center of Integrative Health and Wellness. They are often advocating for The Center and work to engage their networks to increase awareness and become intimately involved with The Center. Gifts at or above this \$25,000 level support clinical patient care, educational endeavors, and more significant opportunities that will support The Center in perpetuity. Benefits include:

- All benefits from the Mindfulness Level
- An intimate luncheon with The Center of Integrative Health & Wellness Medical Director, Dr. Mladen Golubic
Naming opportunities to honor the legacy of the donor and formal recognition as a Serenity Friend of the Center at Friends events.

We thank you for your engagement and support of The UC Center for Integrative Health and Wellness. We hope you will join us to activate your wellness journey or learn more today. **For more information about Center funding priorities, corporate sponsorship opportunities, or how to make your gift today, please contact Dolores Dodson at (317) 709-6647 or Dolores.Dodson@uc.edu**