







## HISTORY & MILESTONES OF THE OSHER CENTER FOR INTEGRATIVE HEALTH AT THE UNIVERSITY OF CINCINNATI

**O** UC and CCHMC
partnered to
form the UCCincinnati
Children's
Hospital Medical Integrative Health Steering Collaborative

2009

Joined Academic Consortium for Integrative Medicine and Health

First Dr. Khushman V. Sanghvi Memorial Endowed Lectureship on the Mind-Body Interface in Health and Healing

established

Center

UC Health Integrative Medicine component established within l services begin at the Dept. of Family UC Health West and Community Chester Women's Medicine

formed with representatives from UC East and West campus, VA, CCHMC, and community

Nation Film Screening and T. Colin Campbell visit

First community symposium

Training 2017

> UC Health coverage for l employees

First major Carrie Hayden Research Chair established

Center educational

courses began

Focus to embed clinical

and neurology

services in cancer

First

Turner Farm endowed chair for the Center Director

Undergraduate integrative health certificate approved

2019

program established

programming tailored to community needs in response to COVID-19 panemic

2020

**W** Invitation to join esteemed Osher Collaborative and 5.5M transformational endowments and gifts from Bernard Ösher Foundation

\* Renamed the Osher Center for Integrative Health at the University of Cincinnati

Cincinnati Sempre Sano & Healthy Foods, Healthy Minds events with Dr. Annie Fenn

Director recruited Nurse Practitioner and trained chef

Integrative Health Minor

Centering group medical visit program aligned within the Osher Center

joined team

Advisory Council established with an inaugural in-person

2021

cancer healing center 5th floor plan in development to include teaching kitchen and Osher Center group wellness space

Integrative Health Graduate Certificate & Yoga Studies Certificate approved

Consultant-led strategic planning session and revised plan for Osher Center led by John Hayden

Medical student scholars program established with first students to begin 2023

2013

First Mind-**Body Skills** student groups began in the College of Medicine

M4 elective began around 2013

**Community** Advisory Council formed - Carrie Hayden as Interim/First

Integrative Student Interest Group formed

2015 2016

> First Mind-Body Skills Level-1 Facilitator training

First full time clinical

begins acupuncture

Body Skills Level 2

Facilitator

Center endowment -Integrative Oncology

2018

community Mindfulness Based Stress Reduction course and first Mindfulness Based Stress Reduction course at Freestore Foodbank Cincinnati COOKS! Program

Mind-Body Skills Train the Trainer Training

Workplace

Mindfulness

Acupuncture and massage therapy included in the opening of **UCGNI** 

CINCINNATI WHealth











