

## Join us!

### **Mindfulness-Based Stress Reduction**

8-week Course, June 4 – July 23, 2019

This 8-week Jon Kabat-Zinn Mindfulness-Based Stress Reduction (MBSR) course meets weekly on Tuesday evenings at The Breathing Room, 2128 Madison Road. MBSR often helps to reduce anxiety and depression, improve focus and resilience, manage pain and improve overall wellness. MBSR focuses on techniques such as mindfulness practices, movement (e.g. yoga, stretching), and group connection aimed at enhancing self-awareness and self-care.

To register or for more information visit,  
[med.uc.edu/integrative/community](http://med.uc.edu/integrative/community)  
or email [susan.blocksom@uc.edu](mailto:susan.blocksom@uc.edu)

Cost: \$400 for Friends of the Center

## Save the date.

Saturday, September 7, 2019

**A Benefit to fund the Director's Chair at  
UC Center for Integrative Health and Wellness**

**At the Unveiling of the Meshewa House  
at Turner Farm**

With Honored Guests ~ Susan & John Tew, Jr., MD

Please consider renewing your financial support for the Center at

[www.med.uc.edu/integrative/giving](http://www.med.uc.edu/integrative/giving)

**UC Center for Integrative Health and Wellness**

231 Albert Sabin Way

Medical Sciences Building, Room 4358

513-558-2310

[ucihw@uc.edu](mailto:ucihw@uc.edu)

[med.uc.edu/integrative](http://med.uc.edu/integrative)

# UC Center for Integrative Health and Wellness *Annual Impact Report*

The **impact**  
of our friends.



*Optimize Your Well-Being Symposium, January 12, 2019*

Focusing on both preventative and restorative wellness while highlighting the importance of healthy nutrition, exercise/movement, stress reduction and connectivity as the foundation for health and wellness.

 University of  
CINCINNATI

 Health

**8** 

**insurance companies** now cover UC Health Integrative Medicine acupuncture services



**10**

**UC colleges** have faculty trained in mind-body skills for student wellness



**95**

**interprofessional healthcare students** have attended student wellness retreats at Turner Farm

**50%** 

**increase in undergraduate students registering** for 2 new integrative medicine courses in the College of Medicine

**\$35k** 

**philanthropy** to initiate a **healing touch program** in an inpatient hospital setting to reduce suffering and improve outcomes

**215** 

**community registrants** for the Center's Optimize Your Well-Being Symposium January 2019



Continued successful **mindfulness-based stress reduction program** in collaboration with Cincinnati COOKS! at the FreeStore FoodBank

Dear Friend of the Center,

The UC Center for Integrative Health and Wellness kicked off 2019 with its *Optimize Your Well-Being Symposium* on Jan. 12. This community event (made possible with the leadership of one of our Advisory Council Members, Jeanne Parlin) featured a variety of local wellness programs, services and professionals. One participant commented that, *"The UC Center for Integrative Health and Wellness' selection of symposium keynote speaker Victoria Maizes, MD, of the pre-eminent Arizona Center for Integrative Medicine sends a clear message that it is aligned with national academic leaders in clinical education and research."* With your continued support, we can continue to align with national partners and look forward to bringing additional wellness offerings to our community in 2019 and beyond. This impact report outlines some of our recent successes made possible in part by your generosity. In 2018 and early 2019, the Center has also been able to:

- Horizontally embed integrative medicine clinical services within the Barrett Cancer Center, West Chester Women's Center, and the new UC Gardner Neuroscience Institute
- Begin a national search for a UC Health Integrative Medicine Clinical Physician Director
- Create a new undergraduate certificate in integrative health and wellness at UC
- Plan a multisite research trial with the Teaching Kitchen Collaborative and Turner Farm

The continued support from our Friends of the Center is truly a gift. We welcome your engagement on any of our programs or projects and would love to hear from you. We look forward to connecting with you soon.

With Gratitude,



Sian Cotton, PhD  
Director, UC Center for Integrative Health and Wellness