

THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER

# Gabbe Health and Wellness

**Gabbe Health and Wellness coordinates initiatives to improve the well-being of faculty, staff and trainees at The Ohio State University Wexner Medical Center through education and preventive health programming and research.**

The Ohio State University Wexner Medical Center will become a national leader in the support and well-being of all medical center staff.

***Mindfulness in Motion*** offers small-group sessions teaching healthcare providers techniques in mindfulness and resiliency for the high-stress environment healthcare can create. Successful completion of the eight-week program leads to significant decreases in perceived stress and inflammation as well as increased sleep quality and work engagement.



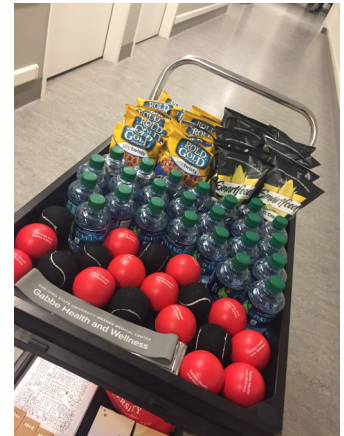
***Culinary Medicine*** offered in partnership with Local Matters, teaches medical professionals how to cook and eat for disease-specific topics through hands-on experience. Curriculum focuses on basics of kitchen sanitation, safety, and proper knife skills; key elements of an anti-inflammatory diet; different types of dietary fat and how they impact our health; diet-related cancers and cancer nutrition; weight management and portion control; and meal planning and shopping.



**Well-Being Retreats** provide group events that encompass holistic health activities while promoting teamwork, collaboration and social connection. As a result of these retreats, employees have expressed feeling a renewed sense of energy and vigor, a spirit of cooperation and teamwork, and overall improvement in communication with co-workers.



**Outreach** meets employees where they are and connects them to all of the valuable health and well-being programming available on this large campus. Employees look forward to visits from the Well-Being Cart and feel refreshed and connected when they are able to attend a well-being event.



For more information email [wellness@osumc.edu](mailto:wellness@osumc.edu) or check out <http://onesource.osumc.edu/sites/HealthWellness>



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