

Defining Wellness for a Brighter Future

The Office of Wellness Education at the UC Davis School of Medicine

Imagine a future where we feel able to make truly informed decisions about being and staying well. What would we need to make that happen personally, locally and globally? UC Davis Health's new Office of Wellness Education is ready to address often overlooked yet essential elements of health.

We intend to unite scientists, clinicians, scholars and other professionals with diverse expertise to focus on one common goal: promoting wellness.

The Office of Wellness Education will address the substantial part of health that hospital systems and medical insurance companies struggle to address. With the support of those who share our vision, we are committed to providing the reliable information we all need to make the very personal choices that can **improve quality of life and boost longevity.**

We will serve as a portal for discoveries, innovations and expert opinions about well-being, paving the way to a brighter future through changes big and small. Although our health systems are traditionally focused on critically important roles in responding to unavoidable injuries and diseases, informed decisions around wellness can help individuals avoid preventable diseases. Expanding our disease-focused medical systems into more complete health systems will prioritize well-being, healthy lifestyles and prevention.

As a one-of-a-kind effort to bring the power of a university to broadly address wellness, the Office of Wellness Education will **create programs that**



The new Office of Wellness Education is part of an initiative funded by a \$5 million gift from Sacramento businessman Jim Anderson. Anderson is funding the initiative in honor of his late wife, Jacquelyn "Jackie" Anderson (pictured here), who passed away from cancer in March 2021. Jackie Anderson was an artist and photographer who was passionate about health and wellness, and whose legacy continues to inspire others.

inform health professionals and serve the public — making reliable, engaging and life-changing information available to all.

By bringing together leaders in the science of food, mind and brain, engineering, exercise, health equity and law, the arts, and the provision of health care, our approach will seek to break traditional silos. Harnessing the breadth and expertise of the West Coast's most comprehensive university, and located in the heart of the nation's most important agricultural region, UC Davis Health is uniquely positioned to explore what it means to be well and lead where others have not.

Philanthropic support will be vital to helping us translate world-class expertise into real-world impacts. With your partnership, we can make greater well-being accessible to all.

The UC Davis Office of Wellness Education

The Philanthropic Opportunities

Private support is critical to bringing our vision to life. We invite you to join us as we reimagine what wellness means throughout our lives and across the planet.

Endow **faculty positions, leadership positions, programs and awards** that help accelerate the work of distinguished wellness researchers and care providers

Advance our **community education efforts** by endowing a lecture series and enhancing our communications channels, including our podcast and newsletter

Fund seed grants to **advance wellness research**

Enable our leadership to invest in new programs and respond strategically to emerging priorities through **unrestricted endowments and current-use gifts**



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“The Office of Wellness Education has the potential to revolutionize how we all think about wellness. Our goal is to provide every person, regardless of their expertise, with information that can empower them to harness their own well-being and avoid preventable illness.”

- **Scott Fishman, M.D.**

Executive Director, Office of Wellness Education

Professor and Jacquelyn S. Anderson Endowed Chair in Wellness

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For more information about supporting wellness education at UC Davis Health, please contact JR Springer, Senior Director of Development, at jrspringer@ucdavis.edu or (916) 734-9073.