



Catalyst eNews

Philanthropy Online Driving Growth

Focus: Health & Wellness



Dear Friend of Cleveland Clinic,

Catalyst eNews is ringing in 2008 by introducing a new institute on main campus and a Palm Beach, Fla., center that focus solely on health and wellness. Plus, learn how Cleveland Clinic is helping to motivate its employees to stay healthy and the benefits of a fit youth. Also, learn the key to a balanced diet.

Happy new year!
The Catalyst eNews Staff

Focus: Health & Wellness

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Destination for Health

More than 1.7 million people, that's 7 of every 10 Americans who passed away in 2007, did so because of a chronic disease such as cancer, diabetes or heart disease. The sad fact is, these diseases are all preventable. As a recognized leader in healthcare, Cleveland Clinic is helping to decrease these staggering numbers by establishing a culture of health and wellness.

[Read Full Story](#)

Florida Health and Wellness Center Now Open

Lilly Pulitzer Rouseau says she's "just crazy" about Cleveland Clinic's new Health and Wellness Center in Palm Beach, Fla. Loving that everyone can spend as much time with their doctor as needed, and the center still runs on time, is why Mrs. Rouseau says it's the most attractive way to see a doctor.

[Read Full Story](#)

Fit Youth

With more than 14 percent of Ohio's youth clinically obese, Ohio is ranked the 22nd state with obesity prevalence. To help address and prevent obesity in its own city, Cleveland Clinic is taking action with a program on main campus that teaches parents and children together how to live a healthier, fit life.

[Read Full Story](#)

Mindful Eating

Imagine you are eating a Hershey's Kiss. Before you start to eat it, hold it in your hand. Look at the outside. As you open it, listen to the crinkle of the foil. Bring it up to your nose and deeply inhale a few whiffs of the chocolate. Put it in your mouth and roll it around on your tongue. Try to think about any feelings or thoughts that come to mind.

[Read Full Story](#)

Wellness Works

Hillcrest Hospital, a Cleveland Clinic hospital, is proving that healthy living is doable by helping their employees live healthier, active lives with a program customized to fit each person's hectic work and life schedules.

[Read Full Story](#)

Team Spotlight

Since age 21, Nazalee O'Hearn has dedicated her career to affecting positive change in some of America's largest cities, including New York, Washington, D.C., and Los Angeles. Now she is helping people get healthy by advocating support for Cleveland Clinic's new Health and Wellness Institute.

[Read Full Story](#)

Special Features

Podcasts

The Health Benefits of Balanced Living

[Learn why optimal health involves addressing emotional, spiritual and physical needs together.](#)

Tango: Lessons for Life

[More than just a dance, hear how the tango can offer life lessons for a happier, healthier existence.](#)

Submit a Story

Share your experience

Share your personal Cleveland Clinic experience and your story could be included in an upcoming issue of *Catalyst eNews*.

Cleveland Clinic Publications

Read other Cleveland Clinic publications featuring supporters who are helping to shape the future of healthcare.

- [Cleveland Clinic Catalyst](#)
- [Cleveland Clinic Magazine](#)
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FREE Health News

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Breaking News

Main Campus Traffic Affected by Construction

Construction for the Euclid Corridor Transportation Project has reached the center of Cleveland Clinic's main campus. Due to construction, sections of Euclid Avenue between East 87th and East 107th streets will be limited to one-way travel. Vehicular traffic will be closed completely between East 89th and East 97th streets. These limitations are expected to last through the summer of 2008.

[Read more construction details Updated Maps and Directions](#)

iSupport
 Make a gift online

Today's Innovations, Tomorrow's Healthcare

is a philanthropic campaign to raise \$1.25 billion for Cleveland Clinic. Success will boost Cleveland Clinic's already exceptional patient care, research and educational programs. This campaign will benefit patients, redefine medicine and create new opportunities that have a direct and beneficial impact on the health and well-being of our local communities.

Learn more at ccf.org/giving.

Campaign Giving

What's the Best Way to Give?



Campaign Update

Supporters have given

\$975.1 million

toward our

\$1.25 billion

Campaign Goal

Giving Questions?

email a development officer

Need more Campaign Information?

campaign@ccf.org

Related Links

- [Fit Youth, main campus](#)
- [Fit Youth, Independence](#)
- [Body Mass Index](#)
- [Body Mass Index calculator](#)
- [Florida Health and Wellness Center](#)
- [Ways to Make a Gift](#)
- [Campaign for Cleveland Clinic](#)
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Cleveland Clinic - Institutional Relations and Development
 9500 Euclid Avenue/AC322
 Cleveland, OH 44195
 216.444.1245
giving@ccf.org