Enhancing your education at UC with volunteer experiences and involvement in health-related organizations can drastically increase the likelihood of landing the job you want after graduation!

Upcoming Events

**Health Hut: Safe Spring Break**
Thursday, Mar. 6th, 10:30-12:30
TUC Atrium
ESG partners with the Student Wellness Center to bring health and wellness information to the student body through Health Huts. If you’re interested in volunteering for this event, please email Michelle Burbage at burbagml@mail.uc.edu.

**LessThanUThink Campaign**
Friday, March 7th, 2pm
526 Teachers College
Volunteers are needed to help hang posters across campus for the LessThanUThink campaign! This is an anti-binge drinking campaign being put on by ESG and a local coalition. To volunteer, please email Pooja Patel at patel2pj@mail.uc.edu.

**Eta Sigma Gamma**
Monday, March 10th, 7pm
Location: 430 Teachers College
ESG is a student organization focused on Health Promotion and Education. This meeting will include a focus group training and planning for the LessThanUThink campaign. Contact Jaclyn Carpenter for more info: carpenj6@mail.uc.edu.

**Heart Mini Marathon & Walk**
Sunday, March 16th
Downtown Cincinnati
ESG is hoping to raise $500 for the American Heart Association. Students are encouraged to participate in the walk or run. Click [here](#) to join the Eta Sigma Gamma team or to donate. For more info, email Aubrey Culp at culpag@mail.uc.edu.

Alumni Spotlight: Andrew Ferguson

Raised on a farm in rural southwest Ohio, Andrew Ferguson felt he was destined to work in the health field and received his Associates of Science in Nursing at the University of Nebraska Medical Center. He then moved back to Ohio and started work in the Emergency Department of Bethesda North Hospital. After a few years, he went back to school to study Health Promotion and Education at the University of Cincinnati. Since completing his internship with the American Heart Association and graduating in December of 2013, Andrew has continued to work in the Emergency Department and is actively seeking a position in medical simulation education. He is hoping to work for UC Health and Butler Tech in their simulation labs. Teaching future and current healthcare workers is something that intrigues him and gives him a sense of higher purpose. In his free time, Andrew volunteers for a variety of safety organizations, works as a referee for multiple national athletic organizations, and is planning a trip to Greece! When asked for advice to students, he had this to say: “Speak up whenever you can. Incorrect answers are part of why you are here learning. You will get more out of any class where you are an active participant, and it may make the difference between a B and an A. Professors will always remember those who participate.”
Garrett Miller, originally from Columbus, Ohio, graduated from Thomas Worthington High School and received an Associate of Arts degree from Columbus State Community College in 2012. He then came to UC where he majors in Health Promotion and Education, with a focus on Community Health. His areas of interest include child and adolescent health, health planning & evaluation, and epidemiology of human disease. Garrett has volunteered at UC Medical Center in the MICU assisting the health unit coordinator. He has presented research at the Health Educators’ Institute this past fall, and he is currently the principal investigator of a research study that is looking at factors predicting intention to smoke among middle school students. On campus, he is a member of Eta Sigma Gamma and currently works for University of Cincinnati’s Institute for Policy Research as a Quality Control Supervisor assisting in health policy and public policy research. Garrett will graduate from UC in June of 2015. In the future he plans to pursue an MHA or MPH in Health Policy in Management. He hopes to work for a health policy research division in a nonprofit research organization like P&G to plan and implement employee wellness programs aimed at obesity prevention.

Michelle Koford was born and raised in the suburbs of Chicago, Illinois, but moved to the Cincinnati area while in high school. She completed her Bachelors of Science in 2008 at The Ohio State University with a major in Human Nutrition and minor in Exercise Science. While taking classes for her minor, she really enjoyed the preventative side of health care and gained interest in working in this field. After graduating she started working as a weight loss consultant at Jenny Craig, and after receiving her certification as a Health Fitness Specialist through American College of Sports Medicine she began personal training at Anderson FitWorks. Michelle felt like she wanted to make more of an impact in the health education field, so she entered into the Masters of Science program in Health Education at UC in 2013. While working on her Masters, Michelle has continued her job as a personal trainer, as well as become a Graduate Assistant and group fitness instructor at UC. She currently teaches Weight Control, Running/Walking for Fitness, and Physical Conditioning. Michelle is also working on her thesis with P&G which involves analyzing a weight loss intervention used with employees. She plans to graduate in the summer of 2014 and hopes to work with companies like P&G to plan and implement employee wellness programs aimed at obesity prevention.