



wellness 2015
within ANNUAL REPORT



Dear Wellness Within Supporters,



FIVE YEARS! In 2015 we celebrated five years of making a significant impact in the lives of all those affected by cancer and extending our reach across 7 counties. And thanks to the hard work and contributions of countless individuals, organizations, and hospitals, we were able to increase our reach by 30%.

We continue to ask- how can we serve more people who have been diagnosed with cancer and their caregivers? How can we improve the quality of life during cancer treatments and its aftermath?

Class evaluations submitted by our clients show a consistent and significant positive impact of our support services. Our commitment to provide much-needed tools in promoting a sense of inner strength, peace, and wholeness empowers our clients to continue to be the authors of their own lives. This is a result of our program design and our dedicated certified instructors.

Financially, the center grew as well. We were awarded first prize in 2015's Big Day of Giving for the largest number donors and money raised in the small Placer nonprofit category. We received three grants in 2015 - from the Sac Bee Book of Dreams, the City of Roseville, and The United Auburn Indian Community - an increase from years past. Finally, our year-end campaign was very successful, helping us close out 2015 well into the black.

Collaboration with the local healthcare community remains a high priority for the center. We continue to receive referrals from all four hospitals; one has contracted with us to provide classes specifically for their patients at their location. We continue to educate the community through our outreach efforts by giving presentations to patients and healthcare providers, strengthening the understanding of how to achieve **wellness in the presence of cancer**.

Our integrated approach and collaborative efforts with the medical community have enabled us to continue to have a significant impact on all those dealing with cancer. Do we have more work to do? The answer is a resounding YES! Can you help make a difference? Again, YES! We are grateful for your financial contributions and ask you to join the monthly circle of giving by becoming a Friend of Wellness Within.

With gratitude,

Patti Brown
Founder/Executive Director

OUR TEAM



Patti Brown // Executive Director
Brook Rivera // Program Director
Sarah Dillon // Development Director
Randi Beasley // Outreach Coordinator

Patti Brown // Meditation and Mindfulness
Adrian Carrera // Yoga
Diane Giuliani // Nutrition and Wellness
Hannah Klaus Hunter // Art Therapy
Iram Khan // Yoga & iRest
Rev. Jackie Kortright // Spiritual Development
Brook Rivera // Nutrition and Wellness
Laurie Martin // Health Drumming
Lisa Morgan // Expressive Writing
Gayle Rideout // Guided Imagery
Jan Webb // Meditation
Priscilla Tupper // Tai Chi / Qi Gong
Susan Whitaker // Yoga

OUR BOARD

Dave Brown // President/Chairman
Bill Walters, MBA // Vice Chairman
Deena Math Spann // Treasurer
Laura Caravello // Secretary
Bridget Halvorson, J.D.
Julie Hersch, MD
Patty McElwain
Melanie Wiegner

MISSION

Wellness Within's
mission is to

*enhance
the quality of life*

of cancer patients,
survivors, caregivers
and families

affected by the
trauma
of cancer.

VISION

We envision all in our community facing cancer
being **empowered** with tools to

reduce stress, cultivate joy &
foster wellness,

regardless of socioeconomic status.

IMPACT

After taking our classes, clients report:

decrease in stress

decrease in anxiety

increase in hope

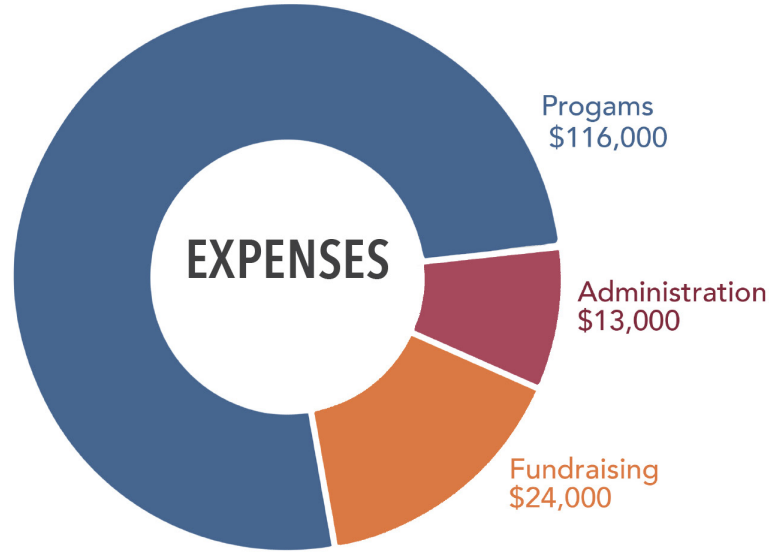
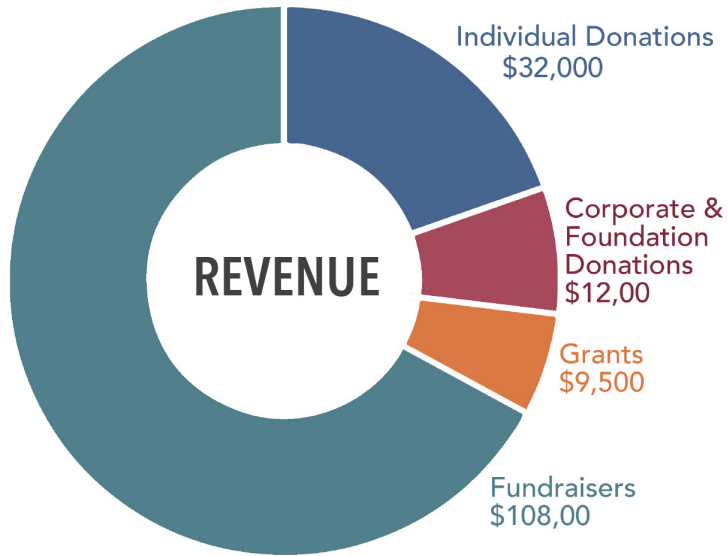
increase in inner peace

decrease in pain

increase in connection to others

and other indications of improved wellness

2015 in NUMBERS



1,982 PEOPLE REACHED THROUGH OUR VARIOUS OUTREACH EFFORTS

2,869 SERVICES PROVIDED BY OUR CLASSES AND RESOURCES

112 RESOURCE CHECKOUTS INDIVIDUALS USING OUR LENDING LIBRARY

605 CLASSES OFFERED THROUGH WELLNESS WITHIN'S ONGOING PROGRAMMING

398 ATTENDEES TO OUR TWO FUNDRAISING EVENTS

134 DONORS ON THE BIG DAY OF GIVING

95 Yoga Classes
26 Tai Chi Classes
2 Nature Walks
1 Yoga and Meditation Retreat
Total of 689 visits to classes in 2015



18 Mind Body Skills classes
15 Self-hypnosis classes
46 meditation classes
46 i Rest classes
253 sessions of 1:1 counseling
7 Deepening Spiritual Connections meetings
Total of 951 visits to 2015 classes



24 Nutrition Education Classes
Topics included: Dairy and Cancer, Let's Do Sprouts, Reading Food Labels 101, Improving Gut Health, Inflammation and Cancer, Flavor Building, and more.
Total of 154 visits to 2015 classes.



12 Drumming classes
36 Music and Motion classes
10 Therapeutic Art sessions
12 Writing group meetings
2 Expressive Arts Workshops
Total of 178 visits to 2015 classes



A CLOSER LOOK:

MIND-BODY SKILLS GROUP



WHAT:

a 6-week session for cancer patients & survivors on developing Mind-Body skills. Focuses on the interactions between mind and body and the powerful ways in which emotional, mental, social and spiritual factors can directly affect health.

WHY:

"People who learn effective coping strategies to deal with stress, such as relaxation and stress management techniques, have been shown to have lower levels of depression, anxiety, and improved quality of life"

-National Cancer Institute

WHEN:

Wellness Within Founder and Executive Director, Patti Brown, facilitated three six-week groups in 2015.

COST:

Each group costs about \$1265, or \$3800 in 2015.

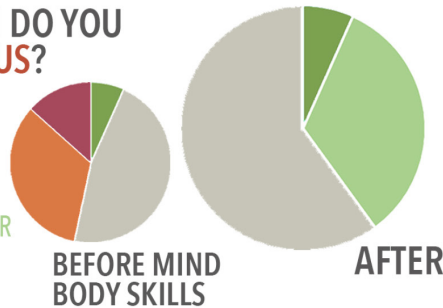


THE RESULTS:



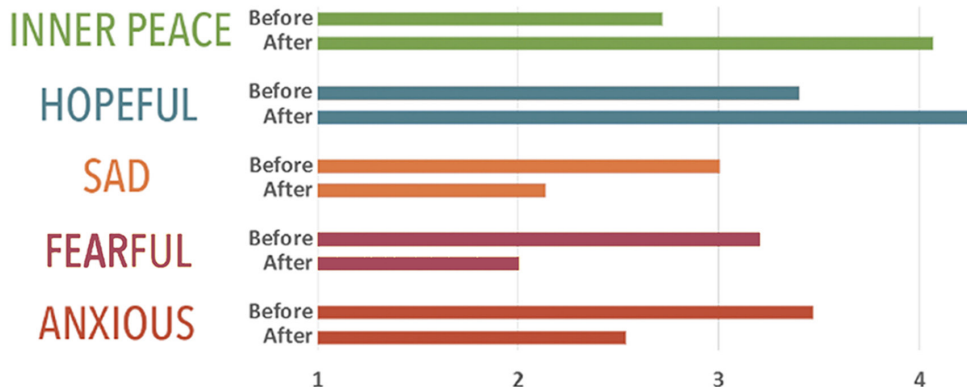
HOW OFTEN DO YOU FEEL ANXIOUS?

- REGULARLY
- OFTEN
- SOMETIMES
- ALMOST NEVER
- NEVER



HOW OFTEN DO YOU FEEL EACH OF THE FOLLOWING?

(1=NEVER; 5=REGULARLY) AVERAGE PARTICIPANT RESPONSE:



"The real deal: no phony hype, no psychobabble, no BS... just incredible empathy and powerful tools to help us become cancer survivors & thrivers."

-Participant

"Fun, informative, emotionally challenging (in a good way), and life-changing"

-Participant

"The Mind Body Skills Group gave me a handy 'tool kit' of meditation, visualization and breathing techniques that helped me cope during chemotherapy treatment and beyond."

-Participant

After the program,

67%

indicated experiencing anxiety, fear, or sadness "Never" or "Almost Never" compared to **13% before the program.**



JANUARY:
we began offering Health Rhythms Drumming as part of our expressive arts programming.

MAY:
we participated in the Big Day of Giving for the first time and it was a huge success! Thanks to all who made that possible.

MARCH:
mandallas for meditation art class met for four sessions of mandalla creation



SEPTEMBER:
our friends at Boyte Creative came out and created a beautiful new promotional video for us.



OCTOBER:
our fifth annual gala was another great one! We had great time with all who came out to support.

OCTOBER:
Deepening our Spiritual Connections class had its inaugural meeting

2015

HIGHLIGHTS



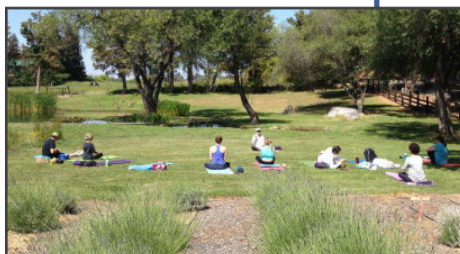
FEBRUARY:
enjoyed music and dance from around the globe at our One World Festival!

JULY:
approaching our five-year anniversary, we rolled out some rebranding that we best represents us at this time. This included new colors on our logo and a revised mission statement



SEPTEMBER:
happy 5th birthday, Wellness Within! Board members, donors, clients, instructors and community members came to help us celebrate. Susan and Diane, who have been with the center since the beginning, blew out the candles on the birthday cake with Founder Patti Brown.

DECEMBER:
our year-end campaign resulted in raising over \$17,000 for the center. What a way to end 2015! Thank you, donors.



MAY:
spent a day on a lavender farm up in the foothills of the Sierras doing a yoga and meditation retreat



OCTOBER:
Loomis' Cowpoke Foundation selected Wellness Within as a beneficiary of their poetry event once again. Outreach Coordinator Randi and Program director Brook attended one night of the fun!

DONORS

individuals

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Wild Bill's Tattoo Shop
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Michael Binon
Susan Binon
Dave Brown
Joelle Courage
Kris Feltman



In loving memory.
Eleanor Gorospe
1958-2015

we miss her humor, light, and beautiful
handwriting in our office every day!



wellness within
CANCER SUPPORT SERVICES

www.wellnesswithin.org

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