

Making a Difference One Life at a Time.



Who We Are

Wellness Within is a nonprofit wellness center for patients, survivors, care partners, and families facing cancer and its aftermath. Located in downtown Roseville, California, our center is a place of empowerment, hope, and support. We understand that a cancer diagnosis can be overwhelming, but those impacted don't have to face it alone. Our center is here to uplift individuals throughout their experience with cancer, offering impactful tools and resources. Our services are provided through grants, sponsorships, fundraising and community support, ensuring that cost is a barrier to no one.

Why Support Us

Our Experience & People

Founded in 2010, Wellness Within has served thousands impacted by cancer in the community. Passionate, certified and licensed practitioners join an experienced dedicated staff, many who are cancer survivors themselves.



Our Unique Programming

Wellness Within focuses solely on the emotional, mental and physical (non-clinical) support of individuals facing cancer. Using research-based programming delivered by certified and/or licensed practitioners, we offer impactful services to those in need.



The Need & Impact

Wellness Within supports 2,000 class registrations annually, alongside thousands accessing online resources across the globe. Regional hospitals refer patients and demand for services continues to grow. Considering mainstream wellness services and therapy costs between \$100 to \$200/session, the need for financial support enabling these services is significant.



What We Do

The Initial Shock: Anchoring during Uncertainty

From *Coping with a Cancer Diagnosis* class series, to working with staff to craft a supportive individualized complementary care plan, to accessing empowering information to help restore calm and a sense of control, we work to promote anchoring during this time of shock and uncertainty.

Navigating Treatment: Counterbalance with Self-care

Treatment can take a toll. We explore programs to cultivate self-care, such as gentle movement, meditation, and nutrition. We also provide classes on the Mind-Body connection, assisting with cultivating the "ballast within" in order to help each individual to connect authentically to choices that serve them best while facing the challenge of cancer.

Afterwards: Restoring Mind, Body, Spirit

Focusing on the transition from treatment to "life after cancer," we cater to the restoration of the mind, body and spirit through meaning-making, goal setting, and cultivating joy and purpose. We provide many modalities, such as Art Therapy, Forest Therapy, music and movement, and programs such as *What's Next? Moving Forward after Cancer*.

Cancer's Reach: Supporting Care Partners and Family

All services, including Caregiving Coping Support Circles, are accessible to care partners and family members. They have the option to create their personalized complementary care support plan or join their loved one on their Wellness Within journey.



Sponsorship Opportunities

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Your Impact – Sponsorship Levels

'Empower' Level – \$10,000

"Empower" the journey of 10 clients for nearly 7 months of Wellness Within's impactful programs and services. \$150/month value* per client.

'Resilience' Level – \$5,000

Support the "Resilience" of 10 clients for over 3 months of Wellness Within's impactful programs and services. \$150/month value* per client.

'Hope' Level – \$2,500

Instill "Hope" for 10 clients for approximately 1½ months of Wellness Within's impactful programs and services. \$150/month value* per client.

'Joy' Level – \$1,500

Give "joy" for 10 clients for one month of Wellness Within's impactful programs and services. \$150/month value* per client.

"Wellness Within was my second home for over 9 months. Finally, after months of paralyzing fear for my future, my family's future and for my son's future I felt at peace. That is what Wellness Within does for us... and it is truly an invaluable service."
- Kristen, client



"My doctors saved my life. Wellness Within saved my spirit and restored my soul."
- Suzi, client

Sponsorship Level Benefits

	Empower	Resilience	Hope	Joy
"Evening on the Green" Event title sponsorship	X			
"Evening on the Green" full-page program sponsorship promotion	X			
BEACON™ system homepage sponsor	X			
"Evening on the Green" Emcee promotion sponsorship promotion	X	X		
Logo in "Evening on the Green" program	X	X	X	X
Sponsorship promoted on podcasts, videos & newsletters	12 mo.	9 mo.	6 mo.	
Evening on the Green Tickets	8	6	4	2

All sponsors are acknowledge via logo on Wellness Within website for one year at respective sponsorship level.

*Jan & Feb 2024 Wellness Within statistics: Average individual client per month: 78.5 clients/mo. Average registration counts per month: 240 registrations/mo. Industry expense context: Cancer Wellness Institute: \$795 for 90-day Integrative program/person; The Cancer Journey Institute: \$360 - \$450/mo. for 3 Cancer Coach sessions/person with 3 months minimum commitment; Monthly subscription unlimited use rates at Sacramento-area yoga studios between \$115 - \$170/month (\$1250 - \$1400 per year).

Sponsorship Agreement

Company/Sponsor Name: _____
 Company Contact: _____
 Mailing Address: _____
 City: _____
 State _____ Zip: _____
 Phone: _____
 Email: _____

Please select Sponsorship Level:
 ___ "Empower" Clients at \$10,000
 ___ Support "Resilience" at \$5,000
 ___ Instill "Hope" at \$2,500
 ___ Give "Joy" at \$1,500

Questions? Please contact Elizabeth Klein at elizabeth@wellnesswithin.org

This form can be returned to Wellness Within (address below) with payment option indicated.

Check Enclosed

I will pay by Credit Card:

Card Number: _____

Exp. _____ CVC _____

Billing Address: _____

Please invoice me

I accept a 3% processing fee (Signature) _____

Please visit www.wellnesswithin.org/Ways to Give or use QR code to submit a Sponsorship online.

