



GLOBAL HEALING  
ALLIANCE

## WELLNESS FOR ALL

**PREVENTING ILLNESS - ACHIEVING WELLNESS**

**A 12 STEP PROGRAM DESIGNED WITH & BY YOU**

**We Are Here to Help YOU Stay Well or  
Address Challenges to YOUR Health & Wellbeing!  
Check Out What is Available!**

***Inspired by the 22<sup>nd</sup> World Congress on  
Qigong / Tai Chi / Traditional Chinese Medicine / Natural Healing  
Building Community!***

**Healing Spirit, Mind & Body through Complementary Integrative Health (CIH)**

**Sept. 24-27, 2022. [www.akamai.university/worldcongress.html](http://www.akamai.university/worldcongress.html)**

**[worldcongressevents@gmail.com](mailto:worldcongressevents@gmail.com)**

**Let us Foster Love, Liberty Achieving Wellness, Peace & Harmony!**

*Mantra by world icon Dame Dr. Effie Chow, PhD, RN, DipLAc (NCCAOM), LicAC9CA)*

*East West Academy of Healing Arts Founder, 1970, Qigong Grandmaster & World Congress Founder 1990*

### WELLNESS FOR ALL

- Create a Wellness Ritual to Stay Healthy & Vibrant
- Plan & Follow a Daily Routine to Uplift *YOUR Well-being – Spiritually, Emotionally, Mentally and Physically*
- Establish a Health Community to Thrive and Heal any Challenges.
- Designate a Wellness Mentor or Wellness Team for *YOUR Well-being*

## HEALTH PLANNING

- Begin early tracking your health, wellness, and healing needs.
- Reach out to your health community, wellness mentor or wellness team for guidance.
- To eliminate obstacles to your well-being!
- Start today, stay focused, centred, and active.

## ILLNESS REDUCTION

- Work on a plan to reduce current illness.
- Be empowered to take charge of your plan of care.
- Know you can do it as guided by your spiritual team from present, past and future resources.
- Include food, movement, music, animals, nature as signs and resources to build resilience.

## LIFE ENJOYMENT

- Play, rest, communicate, care, and serve.
- Speak and live your truth.
- Laugh often and follow your inspirations to guide your path.
- Spend time with those you love, and they love you.

### **Information about the Wellness Initiative Policy & Integrated Health Plan of Care**

Contact Dr. Mary Jo Bulbrook, RN, CEMP/S/I, HTCP, HTP/I, ICF

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