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 22nd World Congress on
Qigong / Tai Chi / Traditional Chinese Medicine / Natural Healing
Building Community!
Healing Spirit, Mind & Body through Complementary Integrative Health (CIH)
worldcongressevents@gmail.com

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

Mantra by world icon Dame Dr. Effie Chow, PhD, RN, DipLA (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/A, ICF
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