WELLNESS FOR ALL

A 12 STEP PROGRAM DESIGNED IN PARTNERSHIPS WITH YOU!

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

Inspired from the 22nd World Congress on Qigong / Tai Chi / Traditional Chinese Medicine / Natural Healing
Building Community! September 24-27th, 2022
Healing Spirit, Emotion, Mind & Body with Integrative Health

www.akamai.university/worldcongress.html / worldcongressevents@gmail.com

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

World Congress Founder, Dame Dr. Effie Chow, PhD, RN, DipLAc, (NCCAOM), LicAC9CA
East West Academy of Healing Arts Founder, 1970, Qigong Grandmaster

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.
☐ Eliminate obstacles to your well-being!
☐ Plan 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: Wellness Integrated Health Plan
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Achieve Peace Within, Peace Between, Peace Among for ALL!