



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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Affiliate Organization
of Akamai University
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Achieve Peace Within, Peace Between, Peace Among for ALL!

Dynamic Education & Practice
Complementary Integrative Health

Energy Medicine Partnerships
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TYLEM
Transform Your Life
Through Energy Medicine

SOUL 2SOUL
COMMUNICATION

Heart Centered Initiative
Restore Hope • Promote Healing
WORLDWIDE

NURSESTAKE2
Heart to Heart – Soul to Soul

SPIRITUAL
Me
Mystical
Experiences