



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!***

***Launched at the 22nd World Congress on
Qigong / Tai Chi / Traditional Chinese Medicine / Natural Healing
Celebrating Life!***

**Healing Spirit, Mind & Body through Integrative Health
September 24-27, 2022.**

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

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

*Initiated 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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