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April

The Wellness Connections email newsletter is published during the week following the monthly meeting, except in the case of combined issues. The goal of the newsletter is to inform the members about important issues arising at the meetings, provide reminders about future events, and to be an information resource about issues important to members. You may communicate with the editor or submit articles at franks@attitude.com. To stop receiving the newsletter, send an email to the editor with "Stop Newsletter" in the subject field.

Wellness Connections Soon to Begin Fourth Year – Happy Birthday!



As we reach our anniversary date and prepare for new beginnings, it is well to take a few moments to reflect on where we have been and what we have done. In the past three years, Wellness Connections has come a long way and the accomplishments are worthy of note. From the time when the organization was just a concept in the mind of the executive director to its current status as a viable association of health care professionals and healers has been a significant pattern of growth and development.

In that time, the association has grown five-fold in membership from little more than a dozen farsighted practitioners at the initial meeting to seventy members at present. In publishing three directories, circulation has doubled and with the publication of the fourth directory, the number of listings has doubled as well. Evolving from a small group of practitioners sharing issues with each other at breakfast meetings in the back room of a restaurant to a professional association providing a dynamic health fair for the public (a highlight of the winter season in the Fresno area), Wellness Connections has become a valuable community resource. Even more importantly, the association has become a forum for issues facing those promoting health in a variety of integrated and holistic ways.

Having accomplished all of this, it's **Party Time!** The Wellness Connections Anniversary Social will be on **Sunday, May 15**, from **2:00 to 5:00 PM** at the home of Jerry Kossack, 2114 Birch, in northwest Fresno, mostly hosted, but BYOB. Directions: from Herndon and West travel north on West, turn left on Minarets, turn left on Ila, turn right on Birch and travel to the end of the block; there is an olive tree in front. Come and have a good time socializing with old friends and meeting new members.

Book Review

Anyone who has read Dr. Hiro Emoto's book, [The Hidden Messages in Water](#), please email your comments for publication in a future newsletter to franks@attitude.com and use the phrase "Emoto book comments" in your subject line. Thank you.

Website of the Month

The site for this month: www.spiritualityhealth.com

This is the online version of Spirituality & Health magazine and is loaded with resources for maintaining the well being of body, mind, and spirit, including a section about spiritual practices such as joy, beauty, faith, compassion, etc. It is a site well worth exploring, but allow yourself ample time; there are many resources and a lot of suggestions to try.

Presentation Leads To Healthy Discussion

Bruno Luconi and other members of the MOA Oasis Garden presented information about the principles of Mokichi Okada and the benefits of Okada Purifying Therapy (OPT) at the April meeting. OPT helps restore systems within the body by aiding in the elimination of toxic substances that build up in various organs. Jerry Kossack quickly volunteered to be the subject of a demonstration of the therapy. The Oasis Garden was featured in last month's newsletter and more information is available on the website found at www.moa-fresno.org.



In the discussion following the presentation, which stressed the importance of natural nutrition and living in the midst of art and beauty, several association members expressed similar views, including new member Mark McAfee from the Organic Pastures Dairy Company, who explained the benefits of raw dairy products. Visit the dairy website at www.organicpastures.com for information. One of the prime benefits of belonging to Wellness Connections is the spontaneous sharing of useful and interesting information.



Wellness Connections - So How's The Vision Going?

*The Vision of **Wellness Connections** is to create optimal health and wellness of mind, body, and spirit for all people of the Central Valley.*

Open letter by Faye Saxton, Executive Director

Shortly after Wellness Connections started, I sat down and let myself brainstorm about what this group could be in a few years. Here's the list I thought up:

- ❖ regular group meetings on a monthly basis;
- ❖ non-competitive, cooperative group that supported each other and referred back and forth to each other;
- ❖ publication of services for the community, listing all types of holistic (mind, body, spirit) services to help people balance their lives in a healthy way;
- ❖ an annual health fair, featuring the full range of choices for healthy lifestyle;
- ❖ a calendar of events showing all the opportunity for information, personal growth, and healthy living in the Central Valley;
- ❖ Wellness Connections as a major information source for the public on alternative and complementary choices in holistic health;
- ❖ presentation of forums and public speakers on a range of subjects;
- ❖ Wellness Connections as a resource for medical healthcare providers – offering dialog and information to interested persons;
- ❖ classes and forums for our members on business practices and helpful speakers on taxes and any legislation that would affect us.

In the last three years, together we have brought many of my dreams into reality. I think the Vision is in good hands – yours!

Philosophy of the Month

“Old age is just like anything else – to do well at it, you have to start young.”

-Fred Astaire