



WELLNESS CONNECTIONS

Health Care and Healing Arts In the Central Valley

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June – July

Wellness Connections Implements Email Newsletter

Welcome to the first issue of the Wellness Connections email newsletter, which will be 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.



Marketing expert Sherrie Olp presented a Wellness Fair proposal at the June meeting.

Website of the Month

Each month, we will provide shortcuts to websites addressing issues or information that might be of interest to members. If you know of such websites, please send the address to the editor, with a brief description of the site. The site for this month:

Wellness Connections

If you have not yet found this site, you need to visit it at www.wellnessconnections.net. Do not be fooled by the similar addresses at .org and .com. For access to the member area, contact the Executive Director by telephone (559-299-2900) for the user name and password. The site is being maintained by webmaster Jack Nelson (Massage for Relaxation)

Wellness Fair Proposal

In an exciting presentation at the June meeting, Sherrie Olp (Go Natural) urged members to consider doing a Wellness Fair in late September or early October, to inform the public about wellness and gain exposure for Wellness Connections as the resource in Fresno to find alternative health care.

The Fair would be an experiential event; for example, a few audience members could receive some basic yoga instruction on stage; nutrition providers could demonstrate how to prepare raw foods for healthy snacks to be shared with the audience; and there are always volunteers for a demonstration of massage techniques. A Kid's Area with fun activities of a similar type could be set up to introduce and encourage life-long wellness practices.

The presentation would be in the center with table booths around the side. The concept is to start small, with reasonable booth/vendor fees to cover the cost of the facility, and to charge a nominal entry fee from the public to create a sense of value. Discounts for booths would be given to members who guaranteed a number of contacts prior to the fair.

Those interested in participating in the project should contact Sherrie Olp or send an email to Executive Director Faye Saxton.

fsaxton@attitude.com.

Membership Committee Announces Plans

A recently formed Membership Committee has already met in a planning session to set up a program for recruiting and welcoming new members. Susan Edwards, Jacqueline Pegorsch, and Donna Fellows, who have volunteered to be on the committee, have implemented the processes to provide new members with an information packet to follow up after the initial contact. They will also serve as greeters at our monthly meetings and take care of name tags and membership renewals. Any other members who would like to serve on the committee can contact Susan, Jacqueline, or Donna or the Executive Director (Contact Information is in the on-line directory on the website located at www.wellnessconnections.net). We should all give a hearty round of applause for these members willing to take on this important task.

Book Review

The Wellness Connections Spring 2004 Directory is a big hit in the Fresno area. The Directory is distributed by our members and at many locations around the community. Several distributors are already requesting additional copies to meet the high demand from their customers. For the first time, the directory is also on line on the Wellness Connections website at www.wellnessconnections.net. The recent publication has been described as the most attractive and well-presented volume so far. Members who have not yet received their copies should contact Faye Saxton.



Workshop Opportunity

Crystal Class with Seann Xenja on August 14 at Quail Lakes in Clovis. Check the calendar at www.wellnessconnections.net for details.

Most people are about as happy as they make up their minds to be.

- Abraham Lincoln



TM Promotes Peace

Mike Neer, who serves as the publisher of the Wellness Connections Directory, spoke at the June meeting about the benefits of Transcendental Meditation. He defined TM as a simple, natural, mental technique for eliminating stress when practiced twice each day for 20 minutes. It allows the brain to transcend ordinary activities to connect with the unified field and experience wholeness, promoting creativity and mental coherence.

When practiced in groups, the effect is amplified to create a sense of unity and peace in the community, and to promote an awareness of harmony as more desirable than disharmony.

Practitioners active in the Peace Palace movement originating from India may soon be establishing a facility in Fresno including a meditation center and an institute teaching Vedic principles. For more information try the website at www.tmprogram.com.au/.

Editorial Comment: The Benefits of Active Participation

Research shows that one of the prime factors that lead individuals to leave their chosen profession is a sense of isolation. Wellness Connections was founded in part to provide an opportunity for alternative health care professionals to meet together to share ideas and information and to support each other, through regular meetings and social events. These occasions allow a sharing of energy and provide a renewal of spirit that is well worth while, besides giving opportunities for interesting and profitable networking.