

Our Vision: *A world of self-healing, wellness and vitality.*

Our Mission: *Healer Within Foundation advances community-based Qigong/Tai Chi and other self-healing, body-mind-spirit practices through collaborations with individuals and organizations to sponsor trainings, community practice groups and research.*



*Training thousands to improve the health of millions.*

## Here is your opportunity to support the Tai Chi Easy™ Dissemination Project

### About the Tai Chi Easy™ Dissemination Project:

Participants learn Tai Chi Easy™ self-care practices for themselves and then lead others in the local community.

Our goal is to assist Practice Leaders in forming and sustaining community practice groups. We offer an education portal to network, share excitement, techniques, ideas, and resources.

With a working board of dedicated volunteers and a staff of one, Healer Within Foundation (HWF) operates lean, but is growing to empower individuals and revolutionize health care!

### About the Healer Within Foundation Sustainability Circle

#### What you RECEIVE:

- An opportunity to “pay it forward” sustaining HWF and Tai Chi Easy™ Dissemination
- Recognition as a member of HWF Leadership Circle on HWF website, and in HWF newsletter
- Invitation to participate in annual Celebrate Community Practice Groups (CPG) events
- Guest panelist opportunities at an “On the Cloud” educational webinar series
- Spotlight in HWF newsletters, blog and other HWF social media, where you may share healing stories, pictures from trainings, about your (CPG)

#### What you DO to join:

- I will lead a low-cost or donation-based Community Practice Group. I will volunteer my time, and/or keep a stipend of \$25 for leading each CPG class. I will send the balance of monies collected monthly (less venue expense, if any) to HWF.
- I will be a Senior Trainer, Co- Leader or Local Project Manager for a Tai Chi Easy™ Practice Leader Training in 2020/2021.
- I will make a \$\_\_\_\_\_monthly donation commitment to HWF.

#### Other GIVING option outside Sustainability Circle:

\_\_\_ YES! I want to make a donation to the Healer Within Foundation \$\_\_\_\_\_

Name: \_\_\_\_\_ Email/Phone: \_\_\_\_\_

For more information or to join the Healer Within Foundation Sustainability Circle, please email [Christie@HealerWithinFoundation.org](mailto:Christie@HealerWithinFoundation.org). Completed forms may also be mailed to:

Healer Within Foundation  
PO Box 6401  
Lincoln, NE. 68506

*The Healer Within Foundation is a 501(C)(3) organization. Your contributions are tax-deductible.*