
Launching Year Long Holistic Wellness Events

1 message

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Handi-Care Intl.

We Can Make A Difference

Registered Canadian Charity #BN 889046397RR0001

Newsletter 169 - March 25, 2021

Dear Handicare Intl,

Handi-Care Intl. is deeply indebted to our vast donor base without whose generosity none of our projects would have been so successful. As a show of our gratitude we have launched a project to help our community members better face the challenges of the current situation.

'Ways to Holistic Living', Our Free Year-long Wellness Program

Aptly titled "Ways to Holistic Living", we are calling upon experts in Yoga, Pranayama, mental health, medicine, naturopathy, motivational speaking, healthy eating, arts and performing arts, etc. to share their expertise with us. Each of them will give us unique insights into their specialty and teach/demonstrate practices that are not just fun to learn but also greatly benefit our overall health.

This program is designed for all age groups and offered to you **completely free of charge**. We request people to come forward and offer their valuable hour to share their knowledge and expertise in any of the above-mentioned areas. We invite you to sing, dance, draw, paint, exercise, do yoga, listen and ask questions in the various sessions we will be held in the coming months.

The programs will be held on Sundays and we will send you weekly bulletins on the topic for that week. **You must register at www.handicareintl.org to receive a Zoom link. If you have any questions, please reply to communication@handicareintl.org**

To launch this year-long event and to introduce you to the panel of experts we are having a Launch Party on Sunday, April 4, 2021, at 3 - 4 PM. **Please stay tuned for more info and a zoom link.**

Please add our email addresses, newsletter@handicareintl.org, and communication@handicareintl.org to your contact list so our emails can reach your inbox.



Handi-Care Intl. Registered Canadian Charity #BN889046397RR0001
www.handicareintl.org

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