

Good Evening everyone!

As we begin tonight, I would like to read our mission statement:

The goal of this foundation is for Empowering lives through charitable healthcare services including mental health awareness, wellness education, and support to foster a compassionate community where everyone can thrive.

By doing this we have already reached throughout multiple states of this Nation, and across the Pacific into Asia.

Over our first year we have come together both virtually and in person to support one another with different events. We started as a simple bonfire with only 16 participants and grew to over 70 during this first year.

During this time with the bonfire, it was for a peaceful mindful moment where we had the opportunity to share and connect with new friends or loved ones that we had not seen in a while.

Around midyear we held a walk, it wasn't just for exercise though. It gave us each the opportunity to provide a common goal that we could reach and encourage each other along the way.

Later in the year we all laughed and relaxed with our creativity during a paint night.

Along these events we began a yearlong scavenger hunt that is called Beyond the Limits. It began last May, since then the group, most who didn't know each other, some that did. They got to know each other though and support each other by connecting through shared photos of tasks and chit chat to promote self-awareness, mindfulness, and of course lighthearted fun. This event will end in April, however if you would still like to join there is still time. You're

always welcome to catch up on tasks. We are not going to stop anyone; in fact, we will encourage you.

When this event ends, we will be holding our next one in May to celebrate Mental Health Awareness Month. We will host a Mental Health Bingo. Then later in September we will have a virtual step together while we walk. It will include dancing, running, swimming, gardening, and any kind of exercise you can do. This way we can reach our common goal once again while supporting each other along the way. Then lastly in November, we will hold our most popular event another paint night. During this the most imperfect pictures make the best memories and honor the most therapy.

What we have learned over this last year proves what is possible when hearts, purpose, and community come together. The year ahead is our opportunity to go even farther and reach more lives, and to create spaces where healing and hope can boost everyday life.

Be on the lookout for our social media events, and activities posted on Facebook and Instagram as well as our website.

Harmony in  
Daily Happiness

FOUNDATION, INC.