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## Launching Yearlong Holistic Wellness Events

1 message

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**Handi-Care Intl.** <newsletter@handicareintl.org>  
Reply-To: us7-325c563de9-b839715b63@inbound.mailchimpapp.net  
To: Handicare Intl <info@handicareintl.org>

Sat, Apr 3, 2021 at 12:02 AM

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**Handi-Care Intl.**

**We Can Make A Difference**

**Registered Canadian Charity #BN 889046397RR0001**

Newsletter 169A - April 2, 2021

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### 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 Yearlong Wellness Program

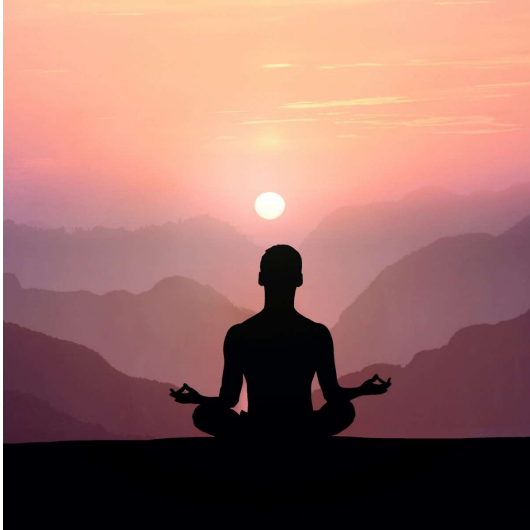
Aptly titled 'Ways to Holistic Living', we are calling upon experts in Yoga, Pranayama, mental health, medicine, naturopathy, motivational speaking, healthy eating, arts and performing arts, etc. to share their expertise with us. Each of them will give us unique insights into their specialty and teach/demonstrate 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 which will be held in the coming months.

The programs will be held on Sundays and we will send you weekly bulletins on the respective topics for the week. **You must register at [www.handicareintl.org](http://www.handicareintl.org) to receive weekly bulletins. If you have any questions, please reply to [communication@handicareintl.org](mailto:communication@handicareintl.org)**

To launch this yearlong event and to introduce you to the panel of experts, we are having a **Launch Party on Sunday, April 4, 2021, at 4:00 - 5:30 PM.** Please join us via Zoom <https://zoom.us/j/91274388200>. Alternative link to the Launch is [facebook.com/HandiCareIntl](https://www.facebook.com/HandiCareIntl).

***Please add our email addresses, [newsletter@handicareintl.org](mailto:newsletter@handicareintl.org), and [communication@handicareintl.org](mailto:communication@handicareintl.org) to your contact list so our emails can reach your inbox.***



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Handi-Care Intl. Registered Canadian Charity #BN889046397RR0001  
[www.handicareintl.org](http://www.handicareintl.org)

Our mailing address is:  
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