

Healing Journeys

support healing, activate hope, promote thriving

2012 Annual Report





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Annual Report - 2012

Our Mission: To support healing, activate hope, and promote thriving.

Our Vision: That EVERYONE touched by cancer or any life-altering condition be empowered to move from surviving to thriving.

Our History: Healing Journeys was founded as a 501(c)(3) non-profit organization in 1994. From March 1994 through September 2012, our signature program, *Cancer as a Turning Point, From Surviving to Thriving™*, has been offered 32 times, serving more than 25,000 individuals, family members, and health care professionals.

Fulfilling Our Mission in 2012

- **April – We sponsored a new workshop developed and taught by Barbara Musser, entitled *Sexy After Cancer*, in Berkeley, CA. Attendance was 15.**
- **May & August – We planned and sponsored 2 *Cancer-Fighting Kitchen* workshops, which includes an evidence-based nutrition presentation, and a cooking demonstration.**
 - **May – Los Gatos, CA**, taught by integrative health expert Jeanne Wallace, PhD, and Commonwealth Head Chef and author Rebecca Katz, MS. **213 attendees.**
 - **August – Eureka, CA**, taught by Lise Alschuler, ND, board certified in naturopathic oncology, and Rebecca Katz, MS. **112 attendees.**
- **June & September: We held two 2-day *Cancer as a Turning Point, From Surviving to Thriving™* free conferences:**
 - **June in Spartanburg, SC**, with **341 attendees.**
 - **September in Sacramento, CA**, with **1,052 attendees.** This conference was professionally recorded and the presentations are available for purchase on DVDs, CDs, or as MP3 files.

Both conferences received rave reviews – here’s a sampling of the comments:

I loved the incorporation of music, humor and performing arts in the program! Often programs focus all toward the "mind" or all towards professionals "talking" toward the audience. Healing Journeys is like a breath of fresh air.

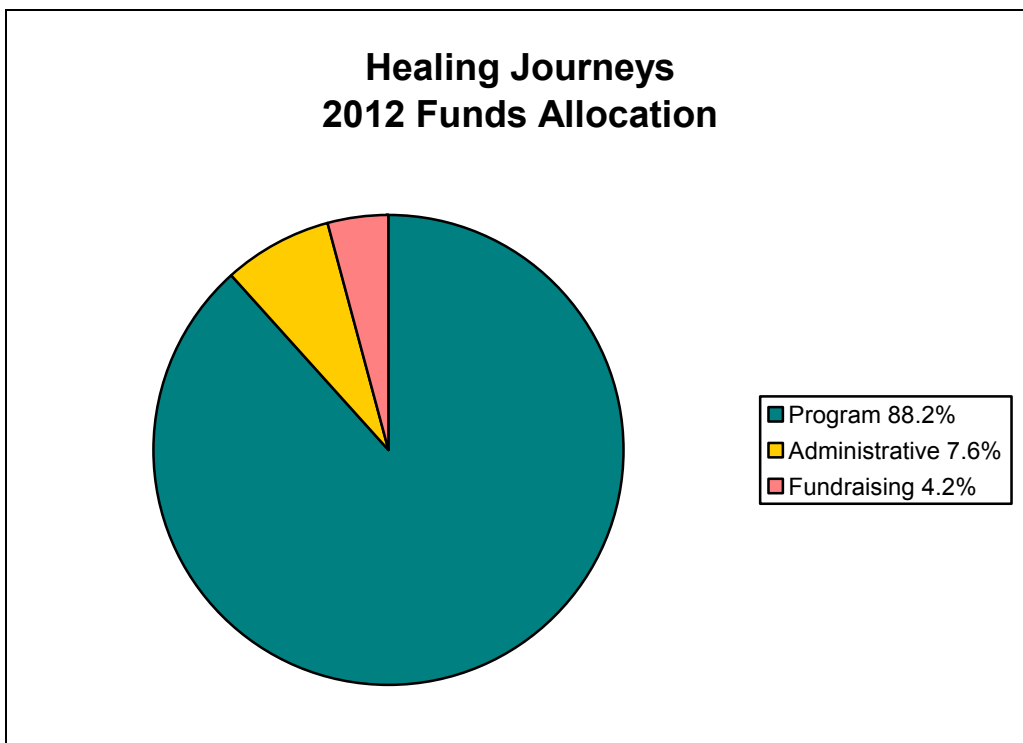
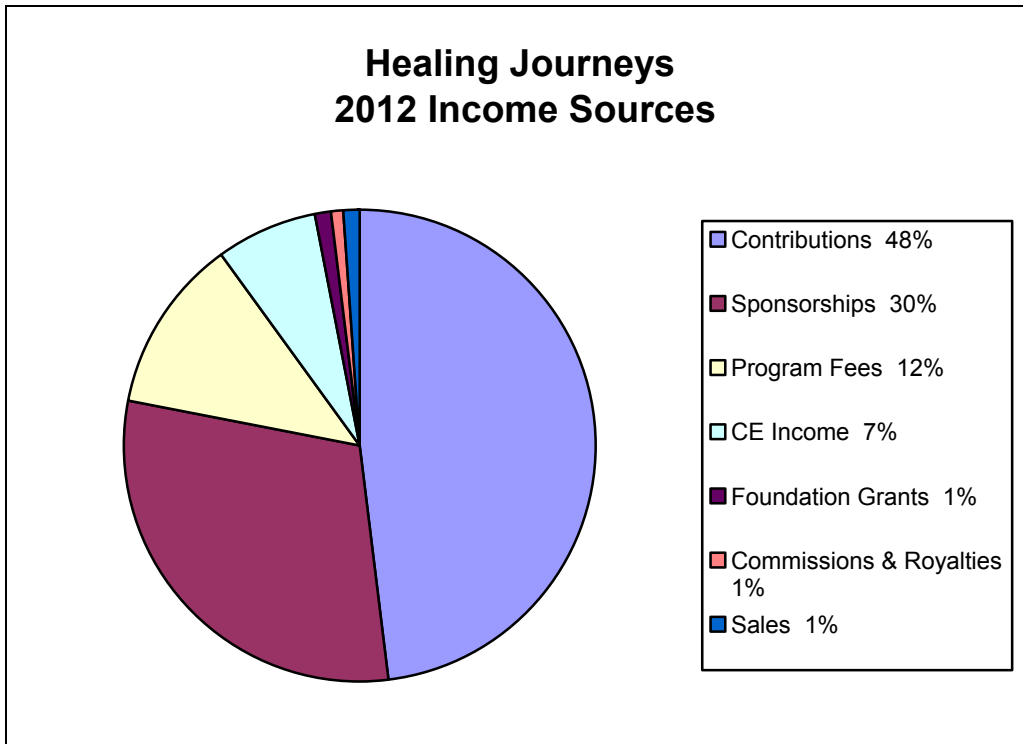
There really are no words to thank all who are responsible for this amazing event! It truly was a "buffet"—I have never had cancer (my husband has) but I am a strong believer in "prevention." This whole program provided "lessons of healthy living." I would love any information as to how we could provide this event again.

Incredible! Thank you for all you've done. You were largely responsible for my sister being alive today. I brought her when she was at the end of fighting and hope.

- **October – We sponsored a *Healing Journeys Tropical Retreat*, at TAO Inspired Living Wellness Center, on the Riviera Maya of Mexico. After Jonathan Ellerby, PhD, presented at the Sacramento free conference, audience members wanted more, so we created this retreat with him. **24 attendees.****
- **We continue to broaden our product offerings that support our Mission** by making available for purchase *The Cancer-Fighting Kitchen* DVD recordings from the Los Gatos workshop held in May. We received a grant from the Lloyd Symington Foundation to gift 120 sets of these DVDs to cancer resource centers.

Our Financial Support & Allocation in 2012

Healing Journeys' income for 2012 was \$239,292. Our expenses were \$230,384. The income sources and funds allocation is detailed in the following charts:



Looking Ahead – Our Vision at Work in 2013

Workshop Offerings

- Julie Interrante, MA, will develop and facilitate a two-day workshop called *Saying Yes: Cancer as a Catalyst*. It will be offered in March in Sacramento CA.
 - We will present a free introductory talk by Julie in January, called *An Invitation to Transformation: Nothing Has Gone Wrong*.
- Two one-day *Cancer-Fighting Kitchen* workshops with Lise Alschuler, ND, and Laura Pole, RN, MSN, will be offered in Greer, SC in April, and in Sacramento, CA, in October.
- Totally Tapioca Benefit Concert – this five-part a cappella vocal group has offered to do their benefit concert for Healing Journeys again in 2013. It will be in Sacramento in September.
- Two *Healing Journeys Tropical Retreats*, with Jonathan Ellerby, PhD, will be offered at the TAO Inspired Living Wellness Center, on the Riviera Maya of Mexico. *Healing the Healer*, a retreat for health professionals, will start at the end of October, followed by *Healing Adventure*, open to everyone.

As an Organization

- Distribute the *Cancer-Fighting Kitchen* Workshop, a 3-DVD set (a \$58 value), to cancer resource centers for a \$10 charge for shipping and handling. It was professionally recorded at the May 5, 2012 workshop in Los Gatos, CA, with instructors Jeanne Wallace, PhD, and Rebecca Katz, MS. We received a grant from the Lloyd Symington Foundation to implement the project in 2013.
- Continue to develop a strong presence and more resources on the Web, including:
 - Facebook & Twitter;
 - YouTube;
 - Continue *Turning Points*, our monthly eNewsletter, emailing to over 5,000 people;
 - Continue *Jan's Blog*, where Jan Adrian shares her personal healing journey;
 - Broaden available survivor resources.
- Continue to offer an annual postal newsletter, mailing to 15,000+ individuals and organizations.