



wellness within
CANCER SUPPORT SERVICES

2022 IMPACT REPORT



A WORD FROM ELIZABETH KLEIN



EXECUTIVE DIRECTOR WELLNESS WITHIN

It starts with a conversation.

Cancer can cause so much chaos. Appointments, labs, waiting, the uncertainty – there is so much to make people feel derailed from a life they have known. Wellness Within has supported those facing the distress, trauma, anxiety, and stress of a cancer diagnosis since 2010. We have walked alongside, sat with, heard, held, and worked with hundreds to cultivate living their best life even in the face of cancer. Getting help might start with a conversation. But with Wellness Within’s services, what starts with a conversation has the possibility of leading to enhanced wellbeing and wholeness.

In 2022, Wellness Within re-opened to in-person classes after two long years of being closed due to the pandemic. What a joy to support clients back in the center! We opened the center while maintaining the online systems and content developed during the pandemic. Our online resources have received over 30,000 engagements, and in 2022, we have served over 300 individuals in person!

2023 focuses on cultivating, capitalizing, and growing what makes Wellness Within unique and impactful: our trauma care programs. Our strategy is to provide multiple offerings of our foundation programs: *Coping with Cancer* series, *What’s Next? Moving Forward after*

Treatment Ends series and the flagship *Mind Body Skills*.

These series help anchor those who may find themselves in the chaos of cancer and provide tools and coping skills to help empower the life they may want to lead. These foundational classes, supported by our pillar classes - movement, nutrition, mindfulness, and expressive arts – provide for a powerful toolkit of knowledge and the means for continued practice and empowerment. In the words of one client,

“There was so much hope and ideas for healing. Cancer is such a menacing disease and can rob you of yourself and your hope. [Wellness Within] was an anecdote to that cycle of sadness.”

Wellness Within’s in-person services combined with our online resources provide a robust suite of support services for those facing cancer. This depth and breadth of services focused on the trauma of cancer through scientifically developed programming is unmatched by any organization in the region. We are committed to supporting our community in healing from the trauma of their cancer experience.

-- Elizabeth

OUR STORY **SO FAR**

OUR MISSION

**ENHANCING THE QUALITY OF LIFE
FOR THOSE AFFECTED BY CANCER**

"...I gained new insight into myself through the tools and experiences that were offered. The co-facilitators were excellent proving all participants including myself to learn from one another and to truly grow inwardly. This workshop/ mind-body skills group brought healing and renewed hope to me! Thank you!" - Barbara, MBS participant

OUR 2022 BOARD OF DIRECTORS

BRIDGET HALVORSON, J.D // PRESIDENT

BILL WALTERS, MBA // VICE PRESIDENT

DEENA MATH SPANN // TREASURER

LAURA CARAVELLO // SECRETARY

PATTI BROWN, LMFT // FOUNDER

DONNA CHIPPS

SHELENA LAWS, MD

VANESSA MARCONI, RN

PATRICIA MARQUEZ

OUR 2022 STAFF

ELIZABETH KLEIN // EXECUTIVE DIRECTOR

STEVIE HANNICKEL // PROGRAM DIRECTOR

CASSIE DEE // CLIENT CARE COORDINATOR

MARILYN LAPKASS // OPERATIONS & SYSTEMS SUPPORT

ABIGAIL SALISBURY // SOCIAL MEDIA INTERN

OUR PROCESS

It starts with a conversation. Through conversation we help identify the best first step for each individual who enters our physical or online space. Every program we have is science-based and designed for optimal outcomes.

This will be THEIR health journey, but we'll provide the tools, the resources, and the community to walk with each person

The way through it is TOGETHER.

**100% OF CLIENTS WHO
ATTENDED THE MIND-BODY
SKILLS COURSE REPORTED
REDUCTION IN SYMPTOMS
OF DISTRESS AND ANXIETY**



OUR 2022 HIGHLIGHTS

At Wellness Within, our 2022 saw the re-opening of the center to clients while continuing our online programs locally and globally. Whether clients were joining classes in person or online, we are honored to walk alongside every individual. Our programming offers tools to move cancer out of the driver's seat and puts the client back behind the wheel.

"Wellness Within provided a lifeline that I really needed. I appreciate the professional, empathetic lessons they taught me and the tools they have gifted me with." ~Karen, Sacramento

1

Provided Impactful Services

Over 300 In Person or Online Programs

Our number one focus as always is to provide impactful services. The Art Therapy and Fiber Arts programs have created beautiful masterpieces. We explored the outdoors with Forest Therapy, learned new cooking tips with online videos as well as continued online meditation and movement classes.



2

Resumed Mind-Body Skills Course & Retreat Connection & Building Resilience

The foundational program at Wellness Within resumed this year with Patti and Stevie leading a 3-day course in Mind-Body Skills. We also returned to Sierra Health Foundation to host an all day retreat for clients in the Sacramento area.



3

Defined Our New Normal

Added Hybrid Capability

The world has changed dramatically in the last three years. While the in person community is the cornerstone of the services Wellness Within provides, Wellness Within continues to nurture and support those who desire online services. We introduced hybrid classes, continue developing podcasts and videos, as well as release two more online course through our learning management system BEACON.

4

Hosted Fall Fundraiser

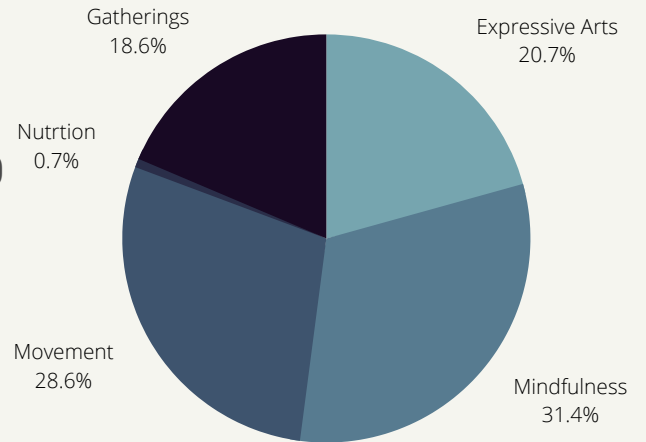
200 Attendees, 4 Bands & Tons of Fun

We held our first Fall Fundraiser since 2019 with an *Evening on the Green* at the beautiful Hillenbrand Farm Haus Brewery. Great food and music with friends, family, and the Wellness Within community under the stars.

OUR IMPACT

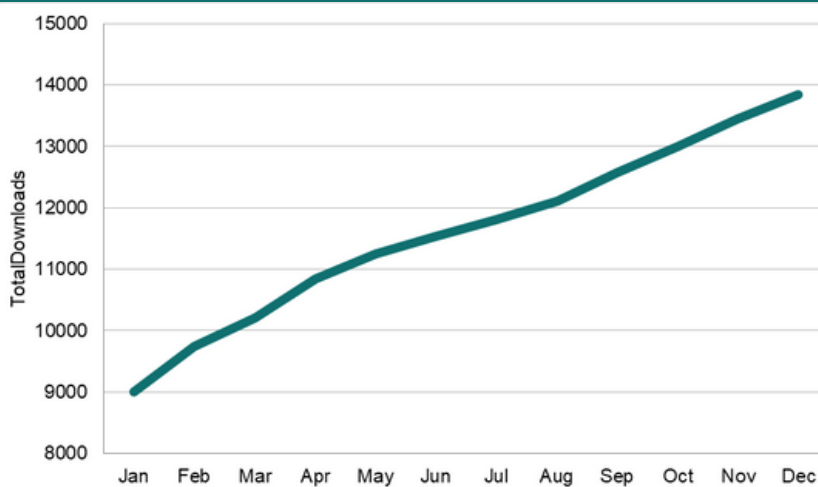
IN PERSON

Restarting our in-person classes and adding a hybrid option allowed our instructors to connect with clients in real time over 2000 times this past year. In addition to resuming Sacramento Wellness Retreat, we offered new opportunities such as exploring the outdoors through Forest Therapy.



ONLINE

2022 Podcast Downloads



Surpassed 10,000 total podcast downloads, launched two more online on demand courses in BEACON.



100
STUDENTS

INSTRUCTORS & CONTRIBUTORS

PATTI BROWN, MS MFT // MEDITATION & MIND-BODY SKILLS

THERESA AINSWORTH // FIBER ARTS

JOHN BREWER // QIGONG

STEVIE HANNICKEL // MIND-BODY SKILLS

CELESTE KEITH, MT-BC // MUSIC THERAPY

IRAM KHAN // YOGA & IREST

JAN WEBB // MEDITATION

SUSAN WHITAKER, MS // YOGA

ANNIE MASCORRO, RN, MFA // POETRY

SUE CIRILLO // LMFT ART THERAPY

JANET JOHNSTON

ERIN COSTA, NTP

MARGO FOWKES

KAREN PENFOLD

THERESA BROWN, RN

PAM WHITEHEAD

DR. SHELLI KESLER, PHD

LAUREN HUFFMASTER

DR. CYNTHIA LI, MD

KEVIN ROTH

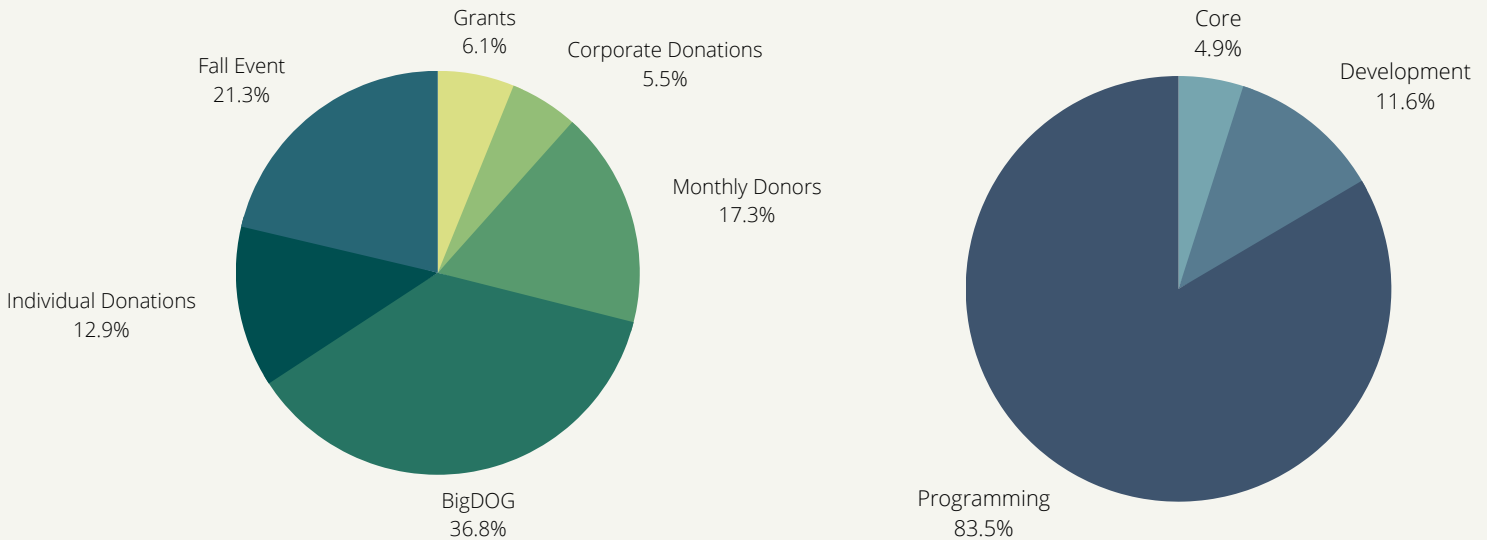
MICHELLE SANDERSON, CMT, CLT

MIEHELLE HWANG, CMT, CLT



YOUR IMPACT

2022 FINANCES



The work of Wellness Within could not happen without the generosity of our donors and sponsors. Our annual Fall Fundraiser was held in a new format this year. The Evening on the Green Fundraiser was attended by over 200 guests. We wish to thank our sponsors and Hillenbrand Farm Haus Brewery for hosting the event.

THANK YOU SPONSORS



WHAT'S NEXT

PROGRAMS & SERVICES



**Leaves: Online Resources
& Lending Library**

**Trunk & Branches: Pillar Programs,
Retreats, and BEACON**

**Roots: Foundational
Programs**

Our organization focuses on one primary mission: making a positive impact in the lives of those facing the trauma of cancer.

Strategically, to remain a viable nonprofit organization driving to accomplish this mission, we are looking at cultivating four focus areas:

- Meeting client needs through impactful programs
- Cultivating connection, engagement and community across all stakeholders
- Fostering growth of all services
- Effectively and impactfully telling our story

We are grateful for the support of all who allow us to serve those facing cancer, and for continued support which sustains our mission.