



wellness within

CANCER SUPPORT SERVICES



About Wellness Within

Wellness Within's mission is to enhance the quality of life of patients, survivors, caregivers and families affected by the trauma of cancer. We offer a wide range of resources, classes and workshops that promote wellbeing, helping clients to combat the physical, emotional, and mental toll brought by cancer. Recognizing that one of the significant stressors of cancer is increased costs, **all classes are provided at no cost to participants**. Since our founding in 2010 we have become one of the leading community voices in the ongoing conversation about wellness in the presence of cancer.



MEDITATION & MINDFULNESS

The benefits of mindfulness practices are now well known – addressing stress, pain, fatigue, sleep, depression, and other aspects of wellbeing. These are critically important to make available for those facing cancer.



NUTRITION & COOKING

Our nutrition program is dedicated to helping clients experience optimal energy and health. We focus on strategies to strengthen the immune system, lower chances of cancer growth, and manage one's diet post-diagnosis.



THERAPEUTIC ART

Studies show that writing, drawing, music, and creative practices bring emotional release, self-awareness, improved comfort, and a sense of camaraderie. Participants see reductions in anxiety, stress, fear and pain.



HEALING MOVEMENT

Movement strengthens and supports almost every system in our bodies, including muscular, respiratory, lymphatic, and digestive. Clients feel how putting their bodies in motion helps release tension, clear stress and heal.

Why are these programs needed?

- Over 10,000 people in the Sacramento Region receive a cancer diagnosis each year. For each newly diagnosed, there are existing patients, survivors, and their families still dealing with cancer's wake
- Distress has been designated by medical professionals as the sixth vital sign for cancer patients, and is a side of patient care that often goes under-met
- One third of cancer patients report decreased quality of life due to physical and mental side effects brought by cancer
- 8 out of 10 cancer patients experience a significant financial strain due to their diagnosis, and may not be able to afford private pay for these services

Our impact:

- Clients report one of the most valuable aspects of our center is the sense of community, a place with people who understand their experience
- No other organizations in the region provide this holistic approach
- We directly serve as many as 400 individuals each year, who have come from over one hundred different zip codes

“The doctors saved my life. Wellness Within saved my spirit and renewed my soul.”

–Suzi Rupp, client

Wellness Within Gala Sponsorship

About The 9th Annual Wellness Within Gala

Our annual gala is an elegant affair, with dinner served by a dozen local restaurants, an open wine and beer bar, live music, live and silent auctions, and the local community coming together to support. Your sponsorship will be seen in our event promotions, and by the over 300 people present at the event. The 2019 Gala is scheduled for September 14th.

PREMIUM \$10,000

- Naming recognition of the event. For example, “[Your company name] Presents: The 9th Annual Wellness Within Gala”
- Opportunity to speak briefly at the event
- Full-page ad in event program
- All platinum benefits, with a second reserved table

PLATINUM \$5,000

- Recognition on gala website
- Company logo in event program, projected during the event, and on prominently placed signage
- Company shout-out during event by the emcee
- Eight event tickets and a reserved table
- Additional reserved tables available at ticket price
- Name in pre- and post-event marketing

GOLD \$2,500 SILVER \$1,000 BRONZE \$500

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| <ul style="list-style-type: none">• Recognition on gala website• Company logo in event program and projected during the event• Eight tickets and a reserved table• Additional reserved tables available at ticket price• Name and logo in pre- and post-event marketing | <ul style="list-style-type: none">• Recognition on gala website• Company logo in the event program and projected during the event• Four event tickets• Name and logo in pre- and post-event marketing | <ul style="list-style-type: none">• Recognition on gala website• Company name in the event program• Two event tickets• Name and logo in pre- and post-event marketing |
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Sponsorship Agreement

Company / Sponsor Name _____

Company Contact _____

Mailing Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

For donor recognition purposes, please list contributor name as: _____

I/We wish to sponsor the Wellness Within Gala at the following level:

- \$10,000 PREMIUM \$2,500 GOLD \$500 BRONZE
 \$5,000 PLATINUM \$1,000 SILVER



Wellness Within Gala Sponsorship

Payment Information

- Enclosed is a check payable to Wellness Within
- Please send me an invoice I prefer to pay online or over the phone
- I would like to pay Wellness Within by credit card, *and accept the added 3% CC fee:*

Card Number: _____ Exp: ____ / ____

Name as it appears on card: _____

Billing Address _____

City _____ State _____ Zip _____

Signature _____

THE FINE PRINT

- Wellness Within is a 501(c)3 organization, Tax ID #45-0929096
- Payment and logo artwork must be received three weeks before the event to ensure inclusion on materials
- Sponsorships of events are fully tax deductible, less the value of accepted tickets and advertisements
- 3% fee is added to credit card transactions simply to cover our costs, we welcome checks at no added fee
- *Speaking at events is limited to three minutes and one event; Our team must approve content in advance of event
- Unless otherwise specified, we will list the company name as the sponsor, and send thank yous and tax receipts to the company or name listed on the payment

Send Payment and Completed Form To:

*Jan Whitney, Deputy Director
Wellness Within
609 Oak Street
Roseville, CA 95678*

Questions? Contact Jan at

*916-788-0333
jwhitney@wellnesswithin.org*

