



The Healer Within Foundation was founded May 2003 with a grant from the Center for Integrative Health Medicine and Research

ONGOING PROGRAMS AND ACTIVITIES

- **Healer Within Community Tai Chi and Qigong Practice Session**
In 1985 the Founders of Healer Within Foundation (HWF) collaborated with local agencies (Santa Barbara Community College Adult Education, Santa Barbara College of Oriental Medicine, The Regional Housing Authority) to provide the Healer Within Community Practice Session as a community based health improvement program. In 2003, this program was taken over by the HWF as a community outreach service of the HWF Mission and as a model for programs throughout the nation. Since its inception thousands of individuals have attended this weekly event.
- **Stress Management and Healthy Self-Care in the Prison System**
From its inception, the HWF has provided a free multipage Self Care and Stress Mastery Guide to the California prison system. The guide includes illustrations and guidelines from The Healer Within book. This is a free service to the inmates. Healer Within Foundation continues to receive many expressions of appreciation.

2012

- **TaiChiEasy™ Practice Leader Trainings – Nationwide Dissemination Project – NY, CA, OH, SC, ME**
The HWF funded qualified Senior Trainers to lead TaiChiEasy™ Practice Leader Trainings in South Carolina, Maine, Ohio and at the Esalen and Omega Institutes in CA and NY training 112 individuals from social agencies, school systems, health care agencies, Native American reservations and the military-
- **National Council on Aging** – continued to work with the University of Illinois and the National Council on Aging (NCOA) to integrate Qigong and Tai Chi into programs for senior citizens.

2011

- **TaiChiEasy™ Practice Leader Trainings – Nationwide Dissemination Project – AZ, CA, NY**
The Healer Within Foundation funded qualified Senior Trainers to lead TaiChiEasy™ Practice Leader Trainings in AZ and at the Esalen and Omega Institutes in CA and NY training 93 individuals who work in the following areas: mental health, elder-care, teen pregnancy prevention, cancer survivors, diabetics, veterans organizations, homeless shelters, osteoporosis patients, special needs children, the Native American community, HIV AIDS organizations, and the justice system (prisoners).

2008 - 2010

- **Launched the Healer Within Foundation TaiChiEasy™ Nationwide Dissemination Project** to address the cost and quality crisis in medicine. Since 70-90% of disease is preventable, the National Dissemination Project created the motto “We train thousands to inspire millions to heal themselves for FREE!”
- **Training at the National Wellness Institute – WI.** – First official TaiChiEasy™ Practice Leader Training.
- **Effects of Qigong on Quality of Life in Breast Cancer Survivors**
Dr Jahnke, representing the Healer Within Foundation, consulted on a randomized controlled trial “Effects of Qigong on Quality of Life in Breast Cancer Survivors” – funded by the National Institutes of Health in collaboration with the University of Arizona using the TaiChiEasy™ Protocol.
- **Falls Prevention Focus – Southern Arkansas Center on Aging**
Research reveals that millions of dollars are spent treating preventable falls and that Tai Chi is proven to reduce the incidence of falls among the elderly. The Arkansas grant enabled HWF trainers to train 25 Practice Leaders who then went on to lead TaiChiEasy™ classes serving at risk populations in communities in 24 counties.

2003 – 2007



- **National Wellness Institute – Consensus Report in collaboration with the Archstone Foundation**- reported on the findings of the National Expert Meeting on Qi Gong and Tai Chi.
- **National Council on Aging (NCOA) and American Society on Aging (ASA)** – reported on the findings of the National Expert Meeting on Qi Gong and Tai Chi.
- **The National Expert Meeting on Qi Gong and Tai Chi Consensus Report** – following the National Expert Meeting on Qi Gong and Tai Chi in 2005, the grant funded numerous written reports and articles including a Consensus Report.
- **Santa Barbara Demonstration Projects on Tai Chi Dissemination** – following the National Expert Meeting on Qi Gong and Tai Chi two community demonstration projects were implemented – one in California and one in Illinois – to determine whether TaiChiEasy™ would be readily accepted and appreciated by residents of retirement communities. The findings were very positive.
- **National Expert Meeting on Qi Gong and Tai Chi** – funded by the Archstone Foundation. Healer Within Foundation along with the University of Illinois at Urbana-Champaign, the National Council on Aging and the Institute of Integral Qi Gong and Tai Chi collaborated to convene this meeting to identify opportunities to integrate programs of Qi Gong and Tai Chi into community programs to meet the needs of diverse populations.
- **Circle of Life Health & Wellness Coaching – Cottage Hospital Parish Nurse Health Educator Training, Santa Barbara, California** – trained seven Cottage Hospital Parish Nurse RN-Health Educators in Santa Barbara as Health and Wellness Coaches.
- **Collaboration with the National Council on Aging – Nation Wide TaiChiEasy™ Diffusion Project** – Healer Within Foundation conducted 20 pilot programs across the United States in an eight week program of teaching Tai Chi and Qi Gong to seniors.
- **Circle of Life Wellness Coaching – Breast Cancer Resource Center, Santa Barbara, California** – HWF provided eight Mind-Body Wellness support group sessions for 12 women with cancer at the Breast Cancer Resource Center. In addition, 2 volunteers were trained to facilitate future cancer groups.