



Bring Wellness to Your Community



Bauman Integrative Wellness
Nourishing Communities



Who is Bauman Integrative Wellness?

A non-profit community for individuals, health professionals, and organizations committed to learning and sharing ways to be well.

We are a California 501(c)3 non-profit founded in 1984.



What Does Bauman Integrative Wellness Do?

We offer wellness education based upon five core wellness practices blended with community, creative expression and social justice.

Evidenced-based outcomes support all our work.



Integrative Wellness Model



We teach people to bring wellness practices into their daily routines, integrated with creative expression and social justice.



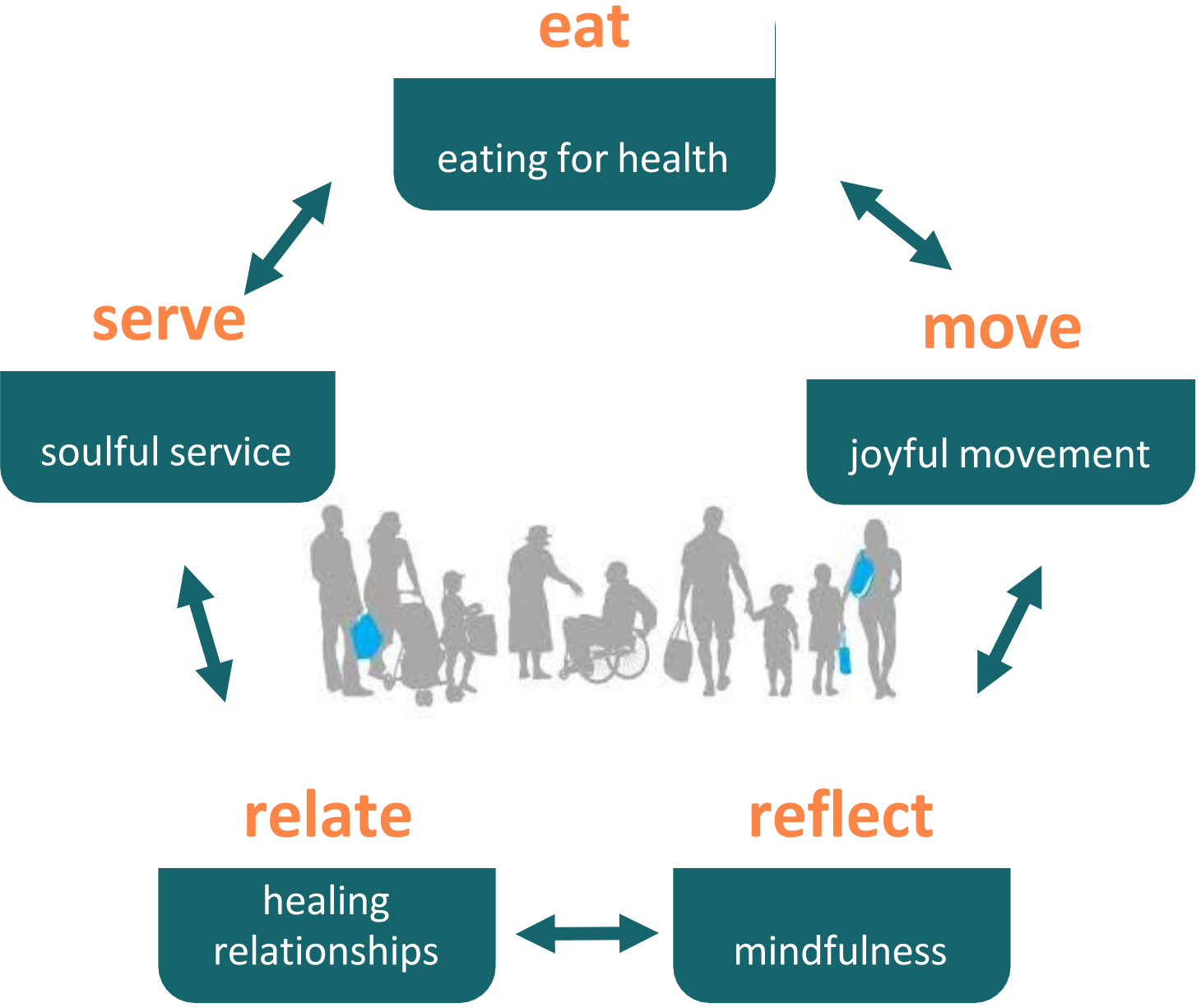
Integrative Wellness is

A **dynamic** state of vitality,
resilience and community

A **fusion** of activism, arts, and
practices.



5 Practices



Evidenced-based research shows that daily wellness practices affect physical, mental, and social health



Founder Director Ed Bauman, Ph.D.

Organic
Food-Farm
Movement

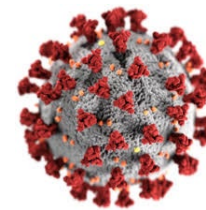
Holistic
Health
Movement



Integrative
Health/Medicine



BLM



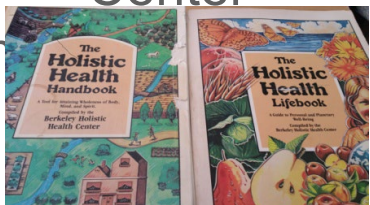
Covid-



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West
Mass
farm,
Home
Comfort
Restaurant



Berkeley
Holistic
Health
Center

Institute for
Educationa
l Therapy
Vitality
Retreats

Bauma
n
College
10k+



National
Association
of Nutrition
Professiona



Integrative
Health
Institute



Bauman
Wellness
Community
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Bauman
Integrative



Scalable Programs and Services

Affordable Nutrition - Eating Well on a Budget

Ways to Be Well: Self-Healing Skills Training

Integrative Wellness Facilitator Training

Brighten UP – Overcoming Depression and Anxiety

Kidz Culinary and Arts Academy

Social Emotional Learning





"There is no
power for change
greater than a
community
discovering what
it cares about."

MARGARET J. WHEATLEY

2024

Objectives and Key Results

1. Cultivate an **engaged** wellness community of 500+ members MN, 1 or more churches in BW/BigHeart
2. Launch 3+ pilot projects that demonstrate evidenced-based impact
3. Connect with 3+ partners to reach diverse markets and discover sustainable revenue models

Grant Submitted to the Bank of America Foundation 3.1.24

- **New program:** “Eating WELL on a Limited Budget”
- **Partnership:** The Healing WELL in San Francisco
- **Category:** Food Access and Nutrition: Food-based health care partnerships
- **Content:** 12 workshops starting in Fall 2024.
 - Food demonstration and community conversations organized around six topics
- **Leadership Development:** Staff and clients from The Healing WELL to join Affordable Nutrition online this month
- **Award:** \$20,000, shared between the two organizations
- **Timeline:** Will hear back in June



What's Next

- **Grant opportunities:** Researching and pursuing wellness-based foundation and corporate grant funding
- **New partnerships:** The Healing WELL in San Francisco and other potential providers. May include corporate groups, nonprofit providers, or treatment facilities.
- **Web updates:** Streamlining look and feel and adding new content
 - Creating pages that will particularly appeal to groups for training
- **CEUs for training:** Researching next steps to offer professional credits.





Partnership Opportunities

Bauman Integrative Wellness welcomes partnerships with value driven organizations for collective collaboration, including:

- Program delivery to staff and populations being served
- Co-marketing of programs, activities and events
- Co-sponsored events and health-wellness fairs





See What's Blooming at Bauman Integrative Wellness

www.bauman-wellness.org



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