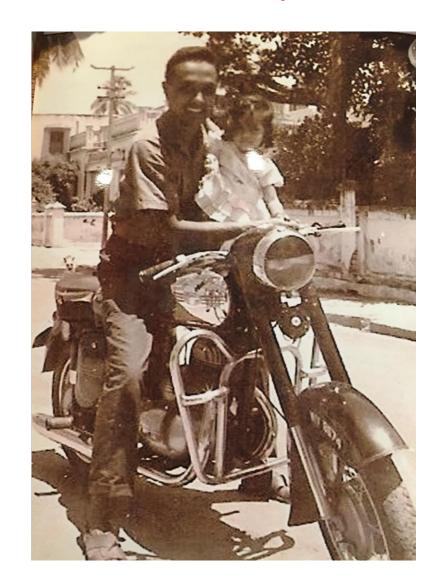
## Discover the Light Within

Gayathri Ramprasad, MBA, CPS



### Daddy's Little Princess







## Bringing Hope & Healing to People's Lives

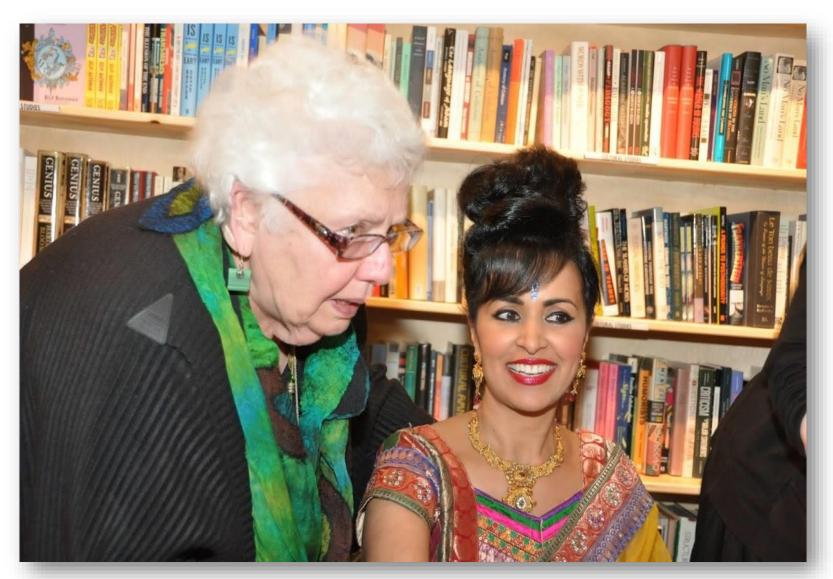




## Join the Movement! Share Your Story. Give Hope. Change Lives.

my story...
MY SUPERPOWER

## Aida the Angel



#### **EMOTIONAL**

Coping effectively with life and creating satisfying relationships.

8 DIMENSIONS OF

WELLNESS

#### **ENVIRONMENTAL**

Good health by occupying pleasant, stimulating environments that support well-being.

#### INTELLECTUAL

Recognizing creative abilities and finding ways to expand knowledge and skills.

#### PHYSICAL

Recognizing the need for physical activity, diet, sleep, and nutrition.

#### FINANCIAL

Satisfaction with current and future financial situations.

#### SOCIAL

Developing a sense of connection, belonging, and a well-developed support system.

#### SPIRITUAL

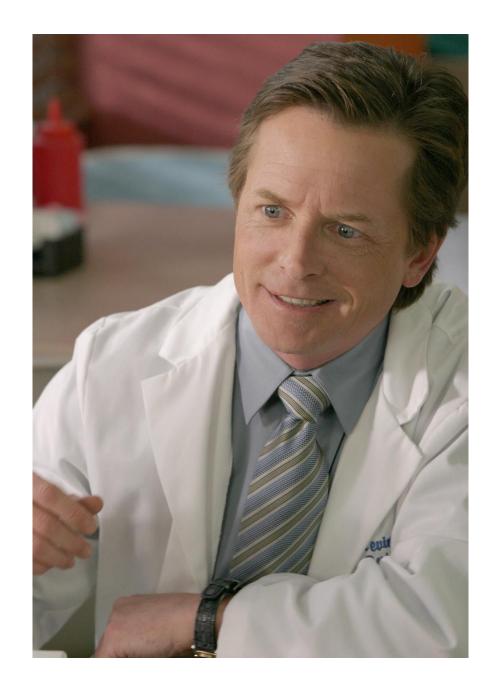
Expanding our sense of purpose and meaning in life.

#### OCCUPATIONAL

Personal satisfaction and enrichment derived from one's work.



# The Story of Dr. Michael J. Fox





"Your mind can elicit a healing response when even conventional medicine has proven ineffective."

- Dr. Andrew Weil

## Wellness Begins With Me!



### The Power of Intention



"You are what your deepest desire is. As you desire, so is your intention. As your intention is, so is your will. As your will is, so is your deed. As your deed is, so is your destiny."

- Upanishads

# The Four Pillars of Resilience & Wellbeing



- Peers
- Family Members
- Healthcare Providers
- Community



It takes a village to raise a child; it takes a community to care for humanity.



Fear not the darkness in your life.
For it is in your darkest hour that you will discover the light within!