

Annual Activities Report 2021



Mission Statement:

Teaching Self-Help and Family-Help Reflexology for Better Health Worldwide

It's been a busy year of Service by the Board of Directors, Volunteer Trainers and amazing WRF Volunteers and Supporters

In This 2021 Annual Activities Report

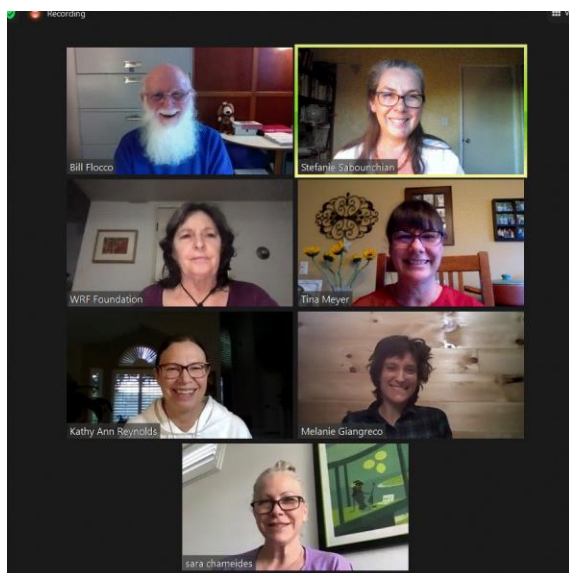
1. WRF Zoom Self-Help Workshop: Neck, Midspine, Lowerback
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9. *I Would Love To Advance The WRF Mission...*

World Reflexology Foundation is a group of highly trained Reflexology leaders, educators and practitioners who have been inspired by our experiences with Reflexology and want to empower all the people around the world with the powerful health benefits of Reflexology by educating them and teaching them how to do Self-Help and Family-Help Reflexology for themselves, their families and their communities, towns and villages.

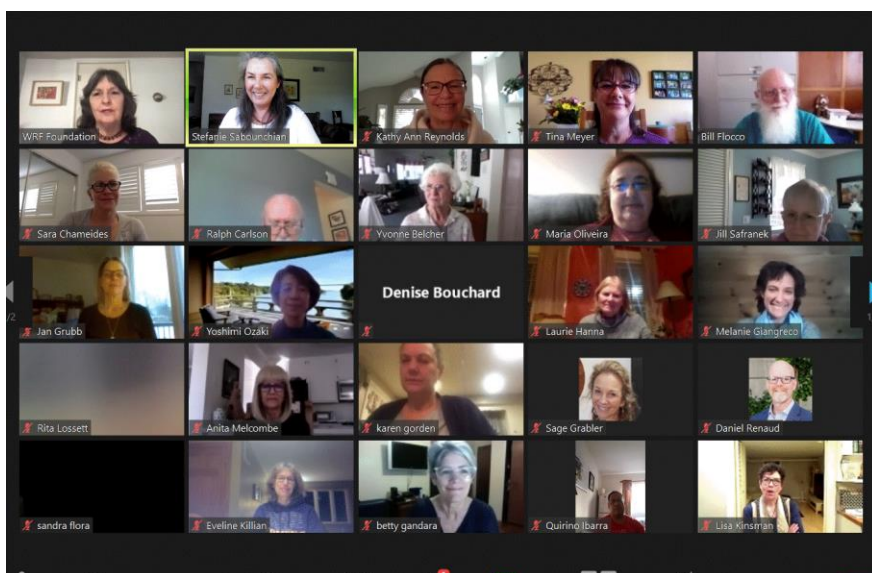
Report From WRF Board of Directors

1. WRF Zoom Self-Help Workshop: Neck, Midspine, Lowerback

The World Reflexology Foundation started off the New Year with a Self-Help Zoom Workshop focusing on Spinal health. On January 30th, 31 participants viewed WRF Volunteer Trainers & Board Members showcase where to work spinal reflex points on their Ears, Feet and Hands. Board members and volunteer trainers present were President - Bill Flocco - overview of WRF mission, Vice president - Stefanie Sabouchian - Reflexology maps & techniques, , Mitta Wise - host, Sara Chameides, Kathy Reynolds and Melanie Giangreco, Whether in person or online, these WRF workshops are effective in helping participants gain knowledge of Reflexology, of reflex points to access for self-help benefits, what to expect/not expect in working the reflex areas and becoming familiar with this technique. The World Reflexology Foundation will continue these online zoom events for the foreseeable future.



Top Left: Bill, Stefanie, Mitta, Tina, Kathy, Melanie, Sara



Twenty-nine Participants From Many States Across The USA As Well As From Overseas.

2. WRF Belated Zoom Board Planning Retreats for 2021

The Planning Retreat was 2 days of 4 hour Zoom calls a week apart. Having some advantages and disadvantages, the goal was to have the entire Board together for a length of time to cover all pressing matters and necessary subjects. Having the week in between allowed for subcommittees to research certain details, to bring back to the board for the 2nd day, March 5th and 12th. The board covered many administrative and program subjects such as WRF move to online community workshops, our WRF Volunteer Trainers, communications with call WRF supporters and the broader worldwide reflexology community, future WRF Trainer Trainings, refresher Zoom meetings for the volunteer trainers, color charts of the body and reflex maps, social media, YouTube channel, accounting, legal counsel, and other necessary items. The WRF Board is working forward with our changing times, going in some new directions, and continuing with what our core mission is –

TO HELP EMPOWER PEOPLE ALL AROUND THE WORLD WITH THE HEALTHFUL BENEFITS OF REFLEXOLOGY.

3. WRF Zoom Self-Help Workshop

Headaches Sinuses Allergies

On June 5th, 2021, WRF put on another online self-help reflexology workshop for the public focusing on reflex points for headache, sinuses and allergies. 25 people were present online, which included some WRF Board Members (also Volunteer Trainers) - Bill Flocco, Stefanie Sabouchian, Mitta Wise, Kathy Reynolds, and Tina Meyer. Quirino Ibarra, a WRF Volunteer Trainer, was also present. After some wonderful demonstrations with guests practicing as well at home... Bill Flocco then shared some general reflexology tips, as well as talking more about the WRF website, donations, newsletter, and events. Stefanie then did a thorough review. We got some very positive feedback on how effective the workshop was.



Kathy Describing Reflexology



Bill Explaining The WRF Mission



Quirino Showing Relaxation Reflex



Tina Showing
Brain Reflex On Thumb



Mitta Demonstrating
Brain Reflex On Ear Lobe



Stefanie Pointing To
Brain Reflex On Big Toe

4. WRF Volunteer Trainer Zoom Gathering

On the 26th June.2021, the World Reflexology Foundation hosted a Volunteer Trainer Zoom meeting to:

- 1) Enhance trainer communication and sense of community
- 2) Encourage more sharing and implementation of the WRF mission
- 3) Review of techniques etc.
- 4) Brainstorming



Was a helpful and connecting meeting!

From top left: Bill, Stefanie, Quirino, Tina, Yvonne, Mitta, Melanie, Kathy

5. WRF Celebrates World Reflexology Week With WRF Zoom Self-Help Workshop

Digestive System Health



From top left: Sara, Mitta, Bill, Kathy,
Tina, Jan, Stefanie

WRF offered its 4th Free Self-Help Reflexology Zoom Workshop on September 25th, 2021, which highlighted Self-Help Reflexology techniques for keeping our Digestive System healthy. It was presented by WRF Volunteer Trainers, & Board Members, who showcased where and how to work the corresponding reflex points found on the feet, hands and ears. There was a final quick review, and a Q and A session. We will continue to hold free online Workshops, as they carry out the WRF's mission of bringing Self-Help Reflexology to everyone in the world.

6. WRF Expands Outreach Nationally and Internationally

In order to increasingly expand the reach of the WRF Mission for better health worldwide, the WRF has started sending articles to different Reflexology organizations, and taking advertisements out in various reflexology newsletters and magazines across America and around the world... for example" *RAA, ARCB, ICR, RAC*. We hope these are helpful as well as bringing positive exposure for WRF.



Teaching Self-Help and Family-Help Reflexology to the World

**Empower your Community and the World
with the Gift of Health through
Self-Help & Family-Help Reflexology Workshops**

For more information or to make a donation visit us at:
www.WorldReflexologyFoundation.org
818 754-4777
info@WorldReflexologyFoundation.org

A 501(c)(3) Not for Profit



Teaching Self-Help and Family-Help Reflexology to the World

You are invited to:

Explore what it means to be a
World Reflexology Foundation Volunteer Trainer

Empower your Community and the World with the Gift of Health through
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Sample World Reflexology Foundation Quarter Page Display Advertisement

7. WRF In Person Board Planning Retreat for 2022

November 14th, 2021: Present - President- Bill Flocco, Vice President- Stefanie Sabouchian, Treasurer- Tina Meyer, Recording Secretary- Sara Chameides, Corresponding Secretary- Kathy Reynolds, Director- Paul Harvey. Mitta Wise – Director - present online briefly

Discussed for 2022:

- Zoom Self-Help Workshop MARCH 19TH 2PM- Respiration ... Lung congestion
- Zoom Self-Help Workshops JUNE 25TH 2PM- Arthritis pain and inflammation...Shoulder Joint
- Zoom Self-Help Workshops OCTOBER 1ST 2PM- Woman's health...PMS, menstrual pain, menopause
- WRF Volunteer Trainers Zoom Gatherings To be discussed at next zoom meeting.
- BoD Planning Retreat 2022
- Annual appreciation for supporters & volunteers
- Communications, graphics, funding



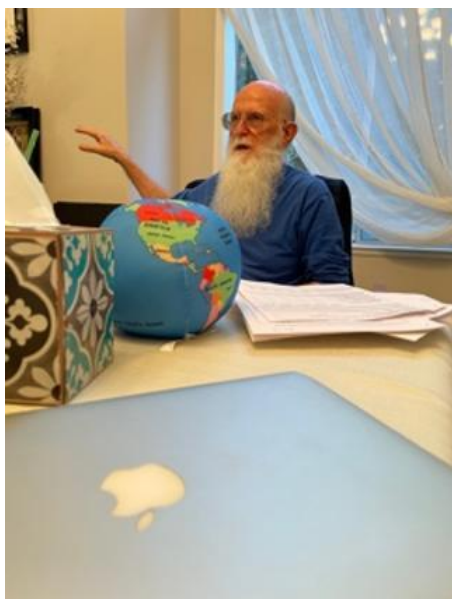
COVID Test Before Meeting



Mitta Joining Online



Board Photo After Meeting



Bill Discussing Education Projects



Kathy Showing Color Charts



Paul Discussing Fundraising

8. Acknowledgments Of Contributors, Supporters, Volunteers

Pat Busch

Annie Glenn Sanchez

Sean Reynolds

Jan Weal - Grubb

Quirino Ibarra

Melanie Giangreco

Mike Saul

9. Ways To Support The Mission

You are invited to become a volunteer and help advance health worldwide!

The mission of the World Reflexology Foundation Is to make it possible for everyone in the world to receive the benefits of Reflexology by providing services and instruction in Self-Help and Family-Help Reflexology, locally and globally, working with individuals, groups, organizations and countries.

We are a 501(C)(3) Nonprofit.

We are all blessed to have the opportunity to help improve health worldwide through our volunteer efforts. We have invited you to join us in this worldwide mission. Please tell us what you are interested in helping us with – we appreciate any and all support!

I Would Love To Advance The WRF Mission By

- Writing articles for WRF, i.e. about existing research studies, etc.
- Fundraising
- Organizing fundraising events
- Reaching out to organizations about making donations
- Grant writing
- Finding and contacting funding sources
- Donate money, unused vehicles, or in other ways
- Help with Social Media Outreach via Instagram, Facebook etc.
If yes: Do you have experience in posting regularly on Social Media?

Please contact the WRF by telephone, text or email etc.

World Reflexology Foundation

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