

Annual Activities Report 2022



Mission Statement:

Teaching Self-Help Reflexology for Better Health Worldwide

In This 2022 Annual Activities Report

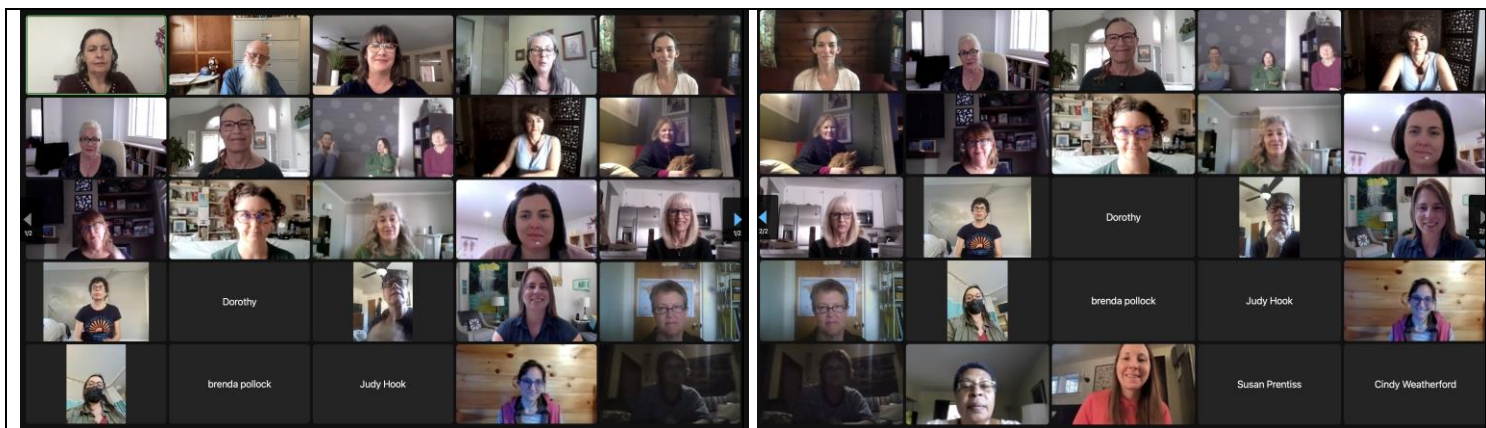
1. WRF Zoom Self-Help Workshop: Respiratory/Lungs
March 19, 2022
2. WRF Zoom Self-Help Workshop for Europe: Respiratory/Lungs
May 19, 2022
3. WRF Zoom Self-Help Workshop: Arthritis/Inflammation in the Shoulder Joint
June 25, 2022
4. WRF Zoom Self-Help Workshop: Women's Health
October 1, 2022
5. WRF In Person Board Planning Retreat for the upcoming year of 2023
October 2, 2022
6. Outreach Calls to All WRF Volunteer Trainers
7. Special Thanks

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

Report From WRF Board of Directors

WRF Zoom Self-Help Workshop: Respiratory/Lungs March 19, 2022

While 2022 has brought with it more hope in how we deal with Covid 19, it has continued to bring attention to lung and respiratory health. Forty people attended, with six WRF Volunteer Trainers, leading the workshop focusing on where to prioritize Self-Help Reflexology on the feet, hands and outer ears for improving lung health. The moderator for the March 19th online Self-Help Workshop was WRF's Treasurer, Tina Meyer. Stefanie Sabouchian, WRF's Vice President, spoke on the mission of WRF, and Bill Flocco, Founder and President, concluded with prioritizing and including all three areas of work for Self-Help Reflexology can bring maximum benefits. Sara Chameides, Eliza Mitchell, Mitta Wise, and Kathy Reynolds, all WRF Volunteer Trainers, led the instructional portion of the workshop, and participants were encouraged to simultaneously work on themselves.



WRF Zoom Self-Help Workshop for Europe: Respiratory/Lungs May 8, 2022

WRF repeated the Lung Online Workshop for our European friends with Lee Anthony Taylor from England, as host. The WRF provided a live introduction by WRF President – Bill Flocco, Corresponding Secretary – Kathy Reynolds, Director – Mitta Wise, and Vice President – Stefanie Sabouchian. This was followed by playing the recording of the March 19th Respiratory/Lung Online Workshop for all European attendees, followed by a session of fascinating questions and answers.

WRF Zoom Self-Help Workshop: Shoulder Joint June 25, 2022

		
Kathy Reynolds Showing Shoulder Reflexes on Ears	Sage Grabler Showing Shoulder Joint Reflexes on Feet	Mitta Wise Showing Shoulder Joint Reflexes on Hands

The WRF provided a free online workshop in June of 2022 for Self-Help Reflexology targeting Shoulder Joint Pain and Inflammation. The instruction was provided by WRF Volunteer Trainers Sage Grabler, Kathy Reynolds, Mitta Wise, and Sara Chameides. Tina Meyer acted as moderator and gave a synopsis of the reflexology maps on the hands, feet, and outer ears. Bill Flocco provided information about the WRF: The mission to help empower everyone around the world with the healthful benefits of Reflexology and, as a nonprofit, these workshops are provided at no cost to the public.

		
Tina Meyer Describing Reflexology Maps	Sara Chameides Reviewing Shoulder Reflexes On Feet Hands Ears	Participants practiced Self-Help During Demo and Review

		
Bill Flocco Answering Questions	<p style="font-size: small;">501(c)(3) Nonprofit Public Charity</p>	Tina Meyer MC, Facilitator, Guide

WRF Zoom Self-Help Workshop: Women’s Health

PMS, Menstruation, Menopause

October 1, 2022

Incredibly, 75% of all menstruating women have some form of PMS, and 85% of menopausal women report experiencing varying types and severity of symptoms. With percentages like that, the World Reflexology Foundation (WRF) provided an online workshop in October 2022 for Self-Help Reflexology targeting Women’s Health Issues. Volunteer Trainer Tina Meyer began the workshop with introductions and a basic tutorial of Reflexology. Bill Flocco, President of the WRF, gave a brief history of the non-profit and its mission to bring the healthy benefits of reflexology to everyone around the world through Self-Help Reflexology. The workshops, which before the pandemic were done in person, have now been moved online and continue to be at no cost.



Tina Meyer: Facilitator
Explaining Foot Hand Ear
Reflexology

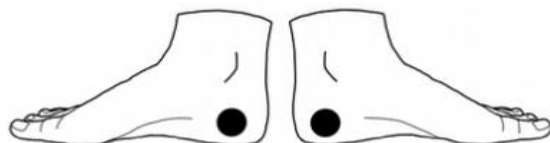


Bill Flocco: What is the World
Reflexology Foundation?
What is Priority & Progression
Reflexing?

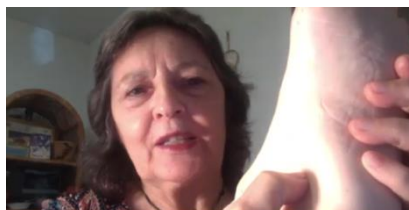


Participants from the U.S.
and around the world

The first priority area demonstrated was the feet by Volunteer Trainer Mitta Wise.



Inner Right Inner Left
For Uterine Issues: Feet 1st



Mitta Wise: Uterine Reflex

Ears followed in the priority lineup with Volunteer Trainer Kathy Reynolds instructing. Kathy demonstrated that the uterine reflex point on the ear is located in the triangular fossa (triangular valley). By using the tip of the index finger, moving closer toward the face, the reflex point would be covered. It was suggested and demonstrated to work both ears at the same time and, if available, to rest one’s elbows on a table while holding. Continuing with the ears, the Master Endocrine point was shown to help balance hormonal secretions that often cause menopausal symptoms like hot flashes and night sweats.



Right Ear Left Ear
For Uterine Issues:
Ears 2nd

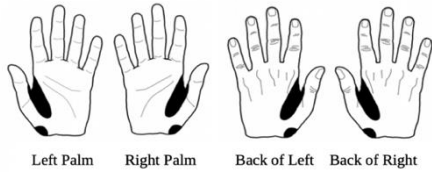


Kathy Reynolds:
Uterine Reflex



Sara Chameides:
Master Endocrine Point

Last in the priority order, Volunteer Trainer Laurie Hanna cradled one hand in the other to demonstrate where to work below the thumb, at the wrist, paying attention to work the whole area.



For Uterine Issues: Hands 3rd

Laurie Hanna: Uterine Reflex

Laurie Hanna: Big Web

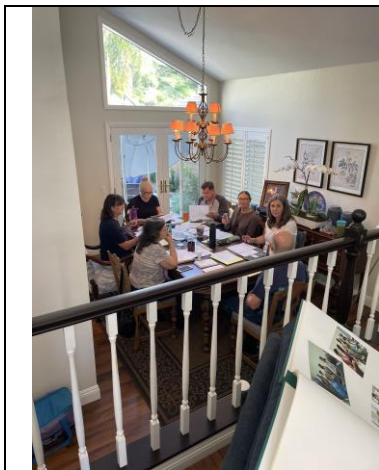
The workshop concluded with a brief review of all the highlighted priority reflex points by Volunteer Trainer Sara Chameides, with a Q&A following. Working for longer periods of time, multiple times a day, if possible, was recommended. It was also suggested to hydrate after Reflexology.



As the WRF outreach is increasingly growing, emphasizing that the WRF is a non-profit foundation that does promote the non-vocational aspect of Reflexology. The WRF exists as a humanitarian project for the health betterment of humanity throughout the world as its stated mission.

WRF In Person Board Planning Retreat for 2023

Short Descriptive Article/Report October 2,2022



Mitta, Tina, Sara, Paul, Kathy, Stefanie



Stefanie, Bill, Sara, Paul, Tina, Kathy, Mitta, Scooby Doo (unofficial board member)



Stefanie & Bill

Outreach Calls to All WRF Volunteer Trainers

The WRF Board called all Volunteer Trainers and asked them questions about their involvement with WRF. Below are examples of the questions asked:

- * Factors that attracted you to become a World Reflexology Foundation Volunteer Trainer
- * WRF Volunteer Trainer Training: What did you like most? What did you like least? What changes would you recommend?
- * WRF e-Newsletter: What do you like about it? What would you like to see added or changed?
- * Would you like to participate in upcoming zoom workshops?

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.

Special Thanks

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Sean Reynolds

Sherrel Sage Grabler

Laurie Hanna

Melanie Giangreco

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WRF is a 501(C)(3) Nonprofit, Non-Educational Organization