

# Annual Activities Report 2017



***Mission Statement:***  
***Teaching Self-Help and Family-Help Reflexology for Better Health Worldwide***

## 2017 WRF Fundraising Event In The Community Of Silverlake, CA



First row of tables for silent auction



Drinks & treats greet guests & donors



Second row of tables for silent auction

On April 2, 2017 the World Reflexology Foundation hosted a community fundraiser in Silverlake, that included a silent auction and WRF trainers giving reflexology sessions. Acupuncturist **Dr. Irina Tsoy** generously gave us the use of her offices, lobby and outside area - [www.irinatsoy.com](http://www.irinatsoy.com). Many wonderful WRF trainers showed up to either give sessions, help with preparation, or to bid on the silent auction. They are: **C'Lesa Kay, Eliza Ann Mitchell, Gerry & Barbara Schwerdt, Irene Birmingham, Sandra Montoya, Pamela Shriver, Randy Osuna, Quirino Ibarra and Victor Archuleta.**

We also had board members who put in a lot of preparation work, as well as donating time, items, shipping and other costs: **Sara Chameides, Bill Flocco (President), Kathy Reynolds, Stefanie Sabouchian (Vice President), Mitta Vicki Wise, Tamaki Horii, Paul Harvey.**

Thanks to **Sean Reynolds** who was our official photographer and helped man the welcome booth with **Kathy Reynolds**. And we had several donors for the event. They are listed on our events page.

# WRF Self-Help & Family-Help Community Workshops Of Different Sizes & Languages Conducted By WRF Volunteer Trainers In Southern California



WRF Volunteer Trainer **Randy Osuna** demonstrating & guiding workshop participants in Self-Help Hand Reflexology with Spanish interpreter



WRF Volunteer Trainer **Irene Birmingham** Self-Help Ear Reflexology for abdominal stress



WRF Volunteer Trainer **Sofia Ianovskaia** 2<sup>nd</sup> from right, having fun during a Self-Help Foot Hand Ear Reflexology Workshop in the San Fernando Valley

## First Workshop In New Zealand

Mitta Wise – a New Zealand native – carried out our first World Reflexology Foundation workshop in Auckland New Zealand. It was a small gathering of family and friends who enjoyed and got benefit from learning and applying reflexology points to help themselves and others.

We are now officially spreading health “Down Under”.

WRF Volunteer Trainer **Mitta Wise** during Family-Help Hand Reflexology Workshop in Auckland, New Zealand



## World Reflexology Foundation Shines At The Reflexology Association of California Conference



**Bill Flocco**, President, making a WRF PowerPoint Presentation to over 65 Reflexologist from around CA & America, with several expressing interest in training to become WRF Volunteer Trainers.



From left **Bill Flocco** President, **Sara Chameides** Recording Secretary, **Stefanie Sabouchian**, Vice President, **Paul Harvey** Director, World Reflexology Foundation at the WRF Booth during the Conference.



WRF Trainers & supporters among attendees. From left: **Atiba AJ Johnson**, **Sara Chameides**, **Sherrel Sage Grabler**, **Isabel Guaderrama**, **Stefanie Sabouchian**, **Christina Crabtree**, **Michiyo Ando**, **Yoshimi Ozaki**, **Victor Archuleta**, **Bill Flocco**

## **As You Can See The World Reflexology Foundation Has Made Much Progress During 2017**

A lot of seemingly small advances that may not be initially noticed, but that actually make for huge gains in further building and strengthening the foundation of the World Reflexology Foundation.

- Refinement of instructional materials
- New Self-Help & Family-Help Reflexology workshops in new countries
- More Self-Help & Family-Help Reflexology workshops in different local County of Los Angeles Community Centers
- Self-Help & Family-Help Workshops increasingly conducted in Central & Northern California
- Increasing awareness of WRF by the Reflexology community throughout California
- Growing interest in the WRF from Reflexologists in other states
- A successful fundraiser
- Most importantly, having empowered people in local communities to have less stress, less pain, and better health through caring, loving, nurturing safe Self-Help & Family-Help Reflexology

Of course designing and implementing all of this is a group effort, with our passion to improve health at the local, state, provincial, national, and global levels, as our mission and driving force.



**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.

***Special Thank You to all Volunteer Trainers, Contributors, Supporters, Committee Members, Donors, and the Board of Directors whose generous loving efforts make it possible for WRF to further its great empowering mission to increase health locally, nationally, and globally through teaching Self-Help & Family-Help Reflexology.***

**World Reflexology Foundation**

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