



WORKING ON WELLNESS
FOUNDATION

Our Mission

Working On Wellness Foundation focuses on providing exercise for those with conditions that require it just to keep moving. We now provide online seated/chair exercise opportunities for anyone with mobility issues.

Our Story

The Working On Wellness Foundation began in 2016. Two of its founders have Multiple Sclerosis and know personally the requirement of regular exercise along with the difficulties of participating in standard group exercise classes.

We had been subsidizing memberships and funding special MS Strength Training and Parkinson's Disease Strength and Movement classes at the Orland Park Health & Fitness Center. We started with Multiple Sclerosis and Parkinson's Disease because OPHFC already had several classes designed for those communities with steady participants.

When COVID-19 forced the health club to close and those of us most vulnerable to stay home, the Working On Wellness Board contracted with our usual instructors who agreed to lead similar sessions through **Zoom**. Most of our in person participants, both with MS and Parkinson's join in four mornings a week online for seated/chair based instruction in yoga, strength training, large movement/cardio/balance, and varied exercises.

After a few requests, we started recording the morning sessions and posting them to **YouTube**.

Where We Are Today

Our Zoom and YouTube sessions continue to grow in popularity. We are now attracting more people who need chair-based exercises, not just those with Multiple Sclerosis or Parkinson's Disease. Because of this growth, and the comments we receive about the benefits of these exercises, we have now committed to continuing these virtual sessions for the foreseeable future.

Sponsorship

We currently offer virtual exercise sessions four days a week. Live on Zoom at 9:45 am CDT and then posted to YouTube. All exercises can be done while seated but many times our certified instructors will demonstrate additional ways to accommodate the various levels of ability and disability.

- Monday - Seated Yoga – Sponsored by the Vaughan Chapter of the Paralyzed Veterans of America
- Tuesday - General Seated Exercise
- Wednesday - Strength Training
- Thursday - BIG movements / Range of Motion / Parkinson's Exercise.

We are now looking for sponsors for our Zoom and YouTube sessions. Sponsor benefits would include:

- A logo and link on our website and Facebook page
- A mention at the start of the Zoom and YouTube exercise sessions

Working On Wellness Foundation, 11508 Ashbury Court, Mokena IL 60448.
a 501©3 not for profit organization. Contributions are tax deductible to the extent allowed by law.

- An advertisement would be added at the start of YouTube sessions as well as a reference in all descriptions for those YouTube sessions
- All of the past and future YouTube videos for the sessions you sponsor with your information and advertisement added would be available to the public.
- The Working On Wellness Foundation has a Google Non-Profit advertising grant. We would work with you to tailor ad wording, keywords, and intended audience to maximize your sponsorship.

Sponsor Rates

\$325 – 1 Month; \$975 – 3 Months; \$1,950 – 6 months; \$3,900 – 1 year. Exclusive sponsorship for the agreed to Exercise class and renewable

Website and YouTube Visitor Analytics: (July, 2021)

	Number of Visitors/Views
www.workingonwellnessfoundation.org	1,779
YouTube Channel	757

Links

- Our website: www.workingonwellnessfoundation.org
- Our Facebook page: <https://www.facebook.com/WorkingOnWellnessFoundation>
- Our YouTube channel: <https://www.youtube.com/channel/UCZkJ1yEtISkDWUtoAqijd4g>.
 - Seated Yoga (all sessions): https://youtube.com/playlist?list=PLdNVqNe06YMitUaP-5WcL800Qe4AHB_KR.
 - Strength Training (all sessions): <https://youtube.com/playlist?list=PLdNVqNe06YMjfGdSs0Wdamq4ZP3qNag26>.
 - Parkinson's (all sessions): <https://youtube.com/playlist?list=PLdNVqNe06YMHbsQmDM2-vjSkmruTpTmaP>.

Contact Information

Mary Ellen Smolinski, Founder and President
 Working On Wellness Foundation
maryellen@workingonwellnessfoundation.org
 815-370-4891
 11508 Ashbury Ct., Mokena, IL 60448

Please note, links on this page may be accessed from our website page:
<https://www.workingonwellnessfoundation.org/beoursponsor>