



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 are looking for sponsors who want to both support and reach our participants. We currently offer virtual exercise sessions four days a week. Live on Zoom and then posted to YouTube. All exercises can be done while seated but often our certified instructors will demonstrate additional ways to accommodate the various levels of ability and disability.

- Monday - Seated Yoga – Sponsorship available
- Tuesday - General Seated Exercise – Sponsored by the Multiple Sclerosis Foundation
- Wednesday - Strength Training – sponsorship available
- Thursday - BIG movements / Range of Motion / Parkinson's Exercise – sponsorship available

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.
- Acknowledgement of your sponsorship weekly on our social media platforms which currently are Facebook, Twitter, LinkedIn, Instagram, and Pinterest

Sponsor Rates

\$320 – 1 Month; \$960 – 3 Months; \$1,920 – 6 months; \$3,840 – 1 year. Exclusive sponsorship for the agreed to Exercise class and renewable

Average Monthly Website, YouTube, and Live Zoom Visitor Analytics:

www.workingonwellnessfoundation.org

2,495 users / 2,845 sessions

[YouTube Channel](#)

2,180 views

Average Zoom Participants per session

15-30 participants

Links

- Our website: www.workingonwellnessfoundation.org
- Our Facebook page: <https://www.facebook.com/WorkingOnWellnessFoundation>
- Our YouTube channel: <https://www.youtube.com/channel/UCZkJ1yEtISkDWUtoAqijd4g>.

Contact Information






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<p>Chair Yoga with Izzy or Eileen</p> <p>Join Izzy or Eileen, Live on Zoom every Monday, or anytime on YouTube for a full seated yoga workout that stretches, relaxes, yet energizes your body from head to fingers to toes.</p> <p>Sponsored by Your Name or Logo Here</p>	<p>Seated Exercise with Tom or Karly</p> <p>Karly and Tom alternate leading our Seated Exercise sessions Live on Zoom on Tuesdays, anytime on YouTube. Exercises vary every week but are always designed to get your body moving.</p> <p>Supported by a grant from</p> 	<p>Seated Strength Training with Lynette</p> <p>Every Wednesday Live on Zoom, or anytime on YouTube, Lynette helps you to retain or regain your body strength, even if you need to remain seated.</p> <p>—</p> <p>Thank you, Your Name for your generous support</p>	<p>Seated Range of Motion with Karly</p> <p>Live on Zoom every Thursday, or anytime on YouTube, Karly leads a session of Range of Motion exercises that are perfect for those with Parkinson's or anybody with limited mobility.</p> <p>Sponsored by Your Name</p> <p>Your Logo Here</p>

1 Website Example

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