



**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 was founded in 2016 by individuals with Multiple Sclerosis who understood the importance of regular exercise for their condition. They faced challenges in participating in standard group exercise classes, so they subsidized memberships and supported specialized strength training classes for MS and Parkinson's Disease at the Orland Park Health & Fitness Center. When the COVID-19 pandemic hit, they transitioned to offering online classes through Zoom led by their regular instructors. Participants joined in four mornings a week for seated/chair-based instruction in yoga, strength training, large movement/cardio/balance, and varied exercises. In response to requests, they also started recording and posting the sessions on YouTube.

## Where We Are Today

The organization's Zoom and YouTube exercise sessions have gained significant popularity, expanding beyond individuals with Multiple Sclerosis or Parkinson's Disease to include anyone in need of chair-based exercises. The positive feedback and increasing participant numbers have prompted the organization to make a long-term commitment to continue these virtual sessions.

## 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 – Bristol, Myers, Squibb
- 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
- 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.

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.

- 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
- Possible Zoom presentations to our participants

### 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](http://www.workingonwellnessfoundation.org)  
[YouTube Channel](#)  
 Average Zoom Participants per session

3,306 users / 3,747 sessions  
 3,616 views  
 15-30 participants

### Links

- Our website: [www.workingonwellnessfoundation.org](http://www.workingonwellnessfoundation.org)
- Our Facebook page: <https://www.facebook.com/WorkingOnWellnessFoundation>
- Our YouTube channel:  
<https://www.youtube.com/channel/UCZk1yEtISkDWUtoAqijd4g>.

### Contact Information

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<p><b>Chair Yoga with Izzy or Eileen</b></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><b>Seated Exercise with Tom or Karly</b></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><b>Seated Strength Training with Lynette</b></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><b>Seated Range of Motion with Karly</b></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