

DOGWOOD INSIGHT CENTER

Name _____

Address _____

Town _____

ZIP _____ Phone _____

Email _____

I am interested in applying to be:
 WHISPER Facilitator offering guidance in

I am available to volunteer to help plan and develop the Dogwood Insight Center

My volunteer skills and interests are:

Date _____

Signature _____

Mail to:

Dogwood Insight Center
P O Box 687
Dillsboro, NC 28725

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Dogwood Insight Center

<http://dogwood-insight.org>



114 West Hemlock St
P O Box 687
Dillsboro, NC 28725
info@dogwood-insight.org

828-631-_____

established April 4, 2013
A nonprofit education corporation

VISION: Greater acceptance of personal responsibility in making life choices leading to long lasting good health, wellbeing and wellness

Inspired by Dr. Graeme Potter's Dogwood Wellness practice in Dillsboro, NC and the growing awareness that we are each responsible for our own well being, the

Dogwood Insight Center

is an independent, nonprofit, educational organization dedicated to good health and wellness for all people.

Dogwood Insight Center's primary core is the **WHISPER** Program, an acronym for **Wellness Health Insights Series for Personal Enlightened Realization**.

The aim of the WHISPER Program is to offer weekly workshops about a variety of activities that participants can use in their life to assist them in maintaining good health and wellness.

Each of us knows the basics of daily activities leading to wellness such as:

- Regular Physical Exercise
- Good Nutrition
- No Smoking
- Deep Breathing
- Drink Plenty of Water
- Get Enough Rest and Sleep

The WHISPER program weekly workshops offer us ways to incorporate other models leading us to personal good health and wellness.

WHISPER PROGRAM FACILITATORS

The Dogwood Insight Center seeks a variety of practitioners from many models leading to good health and wellness.

Topics for the WHISPER program are:

- Medical Practices
- Nursing
- Dentistry
- Physical Therapy
- Acupuncture
- Massage
- Hormonal Balancing
- Supplements and Herbs
- Meditation
- Chakras and Auras
- Diet
- Chiropractic
- Sound and Healing
- Yoga
- Reiki
- Foot Detox
- Skin Care
- Iridology
- Exercises
- Reflexology
- Upper Cervical Treatment
- Hypnosis
- Stress Reduction
- Healing Touch

MISSION Offering educational & learning opportunities by a variety of practitioners leading to better health and wellness

VOLUNTEERS

The Dogwood Insight Center is a newly formed nonprofit corporation. Volunteers are needed for activating committees to plan the development of the Center.

The Committees needed are:

1. Planning - to develop an Operating Manual
2. Finance - to prepare budgets and allocation of funds
3. Education - to oversee the WHISPER program
4. Facilities - to locate office and workshop space and equipment
5. Development - to search foundations to write grant proposals and do fund raising events

Persons interested in facilitating weekly workshops or volunteering to assist in developing the Dogwood Insight Center can complete the form on the reverse side of this panel.

Thank you for your participation!