

Peggy's Holistic Oasis

MISSION STATEMENT

To educate our community about a holistic approach to health and wellness, and facilitate the understanding that participation in this social enterprise enables the *sponsorship* of others for holistic care.

CORPORATE MANTRA

Together We Heal

LIFE MANTRA

Helping People To Heal Themselves

HISTORY

Helen Somerville, one of Ottawa's leading businesswomen and philanthropists wished to create a nurturing environment, focusing on complimentary health care, where clients would come to "Restore, Rejuvenate and Relax". Helen envisioned that there would be an educational component regarding holistic care through seminars and workshops.

Through the use of her Estate, Helen has lovingly created a riverfront oasis to honor the spirit, strength and memory of her dear friend Peggy.

Peggy's Holistic Oasis provides innovative, complimentary healthcare based on a non-medical platform. Practitioners specialize in a team approach aimed at overcoming stress and its impact on mind, body and spirit, to achieve a healthy outcome. Various services are offered for individuals, groups and corporations.

Peggy's Holistic Oasis is a collective comprised of Ottawa's best holistic practitioners. These qualified and professional individuals work together in their quest to provide the greatest and most positive outcome possible. Collectively our practitioners have over fifty years experience.

Each client is encouraged to consider safe, natural and innovative approaches.

Each client is offered support on their individual healing journey.

Each client is provided a team approach to personalized care.

Each client is heard.

GOAL

An important goal of *Peggy's Holistic Oasis* is to develop an ongoing *sponsorship program* wherein clients lacking in financial resources are able to access complimentary care. This is created by each practitioner donating their expert services into a *sponsorship* "pool". This donation is based on the percentage of paid clients each practitioner sees, thus it is the paying clients that make the *sponsorship* "pool" plentiful.

Clients who apply for *sponsorship* must apply on-line or contact the facility. They must satisfy the eligibility requirements which are outlined on the application form. This is not a charity or free service. Clients will be required to pay a small percentage of the standard fee for service, as this is their opportunity to financially contribute to the "pool", which will in turn assist others.

This *sponsorship* is a packaged selection of services meant to provide the client with the greatest outcome on their path toward health and healing through complimentary health alternatives. Once they are on their way to wellness, it is up to the client to continue their journey with the new knowledge and skills they have obtained.

SERVICES

will include but are not limited to:

- Nutritional Counselling and Healthy Food Shopping
- Heilkunst/Homeopathy
- Cosmetic Acupuncture
- Traditional Acupuncture
- Massage Therapy
- Life Coaching
- Iridology
- Body Chemistry Balancing
- Emotional Freedom Technique
- Infrared Sauna
- Shiatsu/Acupressure
- Reflexology
- Therapeutic Touch™
- Yoga

EDUCATIONAL SERVICES

Workshops

Seminars

Speaking Engagements

Demonstrations

TO PARTICIPATE

All clients are required to book an appointment in advance and sign a Release of Liability form.

Unfortunately clients without an appointment cannot be accommodated.

For appointments that need to be cancelled or rescheduled, a period of 48 hours is requested or a missed appointment fee will be considered.

BOARD OF DIRECTORS

Peggy's Holistic Oasis is a non-profit corporation and as such has a small Board of Directors that can act informally and efficiently to make timely decisions. It includes a diverse group of people with various perspectives, allowing creative solutions while maintaining the integrity of the business plan. Although all members are volunteers, they are required to have an understanding and commitment to the mission of the organization and accordingly must be available for quarterly and/or annual meetings. These meetings are required to make recommendations for donations, fundraising, sponsorships, sub-committees and related matters.