

Evolving Wellness

Fact Sheet

CONTACT:

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WHO: Evolving Wellness is a 501(c)(3) charitable organization founded in Eau Claire by Laura Berndt, a wellness practitioner who became frustrated as she sought integrative and natural cancer treatments for her own healing journey.

WHAT: Evolving Wellness provides a safe and holistic-oriented space where people with health concerns are met where they are on their individual wellness journey by more than 20 individual integrative health practitioners who treat body, mind and spirit. Evolving Wellness advocates, educates and provides health and wellness for the Chippewa Valley community and individuals to Become Well, Be Well, and Stay Well.

WHY:

As a massage therapist, Laura wanted to develop a strong networking system for her clients. At the same time, Laura also went through an awful two-year cycle of pain following a trampoline accident. She realized that her practitioners were not communicating with one another to help her break this pain cycle. This was the beginning of Evolving Wellness as a hub of wellness, practitioners who share treatment and insights about their common patients.

In May of 2015, Laura was diagnosed with acute myeloid leukemia which changed everything. Laura shut down her massage business, abandoned the Evolving Wellness practitioner network and focused on her own healing. With cancer came many blessings, one of which brought together the vision of Evolving Wellness as a nonprofit.

When Laura's oncologist declined to continue seeing her after she decided to use natural cancer treatments, it strengthened Laura's idea of Evolving Wellness. Finding amazing practitioners, treatments, and looking for root causes crystallized her idea of a wellness hub where people can access what they need and have options regardless of their ability to pay. She determined that Evolving Wellness would help fill the gaps created by out-of-pocket and non-covered health expenses, as well as being a network of like-minded wellness practitioners. This vision came to life in August of 2018.

HOW:

Evolving Wellness provides Health Navigation to remove the guesswork and/or frustration of searching for healing services. Working synergistically through our network of wellness practitioners and under the umbrella of Evolving Wellness, individuals are guided to the right treatment and right practitioner for their personal health challenge(s).

VISION:

Evolving Wellness empowers people facing health challenges and is a resource of wellness support and advice for the entire Chippewa Valley community.

CORE BELIEFS/VALUES:

Evolving Wellness believes that health care is a right to be made available to all people living in America. We believe the Standard American Diet (SAD) is making us unhealthy and obese, and that eating “clean food” and drinking “clean water” are mandatory if there are to be improvements in overall health and wellness. We also believe that reinforcing the body, mind, and spirit is at the heart of our mission.

COMMUNITY PROJECTS:

Evolving Wellness is soliciting funds for scholarships that will fill the gaps for wellness services not covered by health insurance. Scholarship funds are being raised for children with ADHD, autism, and lung health issues. Evolving Wellness also has a veteran fund, trauma fund and a breast cancer fund which helps community members impacted by trauma or tragedy. We promote these values to all clients and through events.



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www.holistichealthandwellness.co