



Evolving Wellness Love & Light Wellness

Our Children Are Our Future

Evolving Wellness(EW) is a regional consortium of highly respected health and wellness practitioners. EW believes in the power of synergy, focusing on the mind, body and spirit approach to health and wellness.

EW will collaborate with the YMCA and launching an after-school pilot program serving children in the Chippewa Valley School District. We will incorporate Art With Heart (Art Therapy program), Music Therapy, Yoga, meditation & guided breathing.

The EW program will start with Locust Lane School and will work with 30 children ranging from kindergarten through 5th grade. Once we are established at Locust Lane School, the program will expand to more schools throughout the Eau Claire school district and then expand to Chippewa Falls with an average of 30 children at each school

Numerous children are struggling with behavioral health issues, stress, anxiety and traumas. These rates are increasing. So many children these days are simply slipping through the cracks. Speaking with our community members; our teachers, wellness advocates and child care professionals, many state there is a crisis going on with our children. Children are our future and we want to see them become happy healthy adults. We need to band together to take care of our children and address their needs.

Evolving Wellness's approach is unique in the fact that we create a synergistic wellness care program. Our EW team collaborates and also collects, reviews and analyses data to develop an effective successful program. Our vision is to be the innovators of a new way of wellness, one that embraces synergy, cooperation and a long-term view of wellness.

**Evolving Wellness wants to
empower kids on their lifelong
journey of wellness.**

**Blessings,
Laura Berndt
Founder**

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