



Foundation for Living Inner Peace



April 16, 2010

MISSION: We are a nonprofit 501(c)(3) organization on a mission to put an end to individual suffering and conflict among people by teaching people how to reduce stress and find inner peace, regardless of history or circumstance.

Our goal is to do this in several ways:

1. Through our De-Stress America Corporate Wellness/Stress Management Training Programs;
2. By expanding the reach of our Inner Peace Circles globally;
3. By offering one-on-one Stress Management Coaching ; and
4. Distributing "Peace-In-A-Box" packages to schools, hospitals, prisons, rehab centers and homeless shelters.

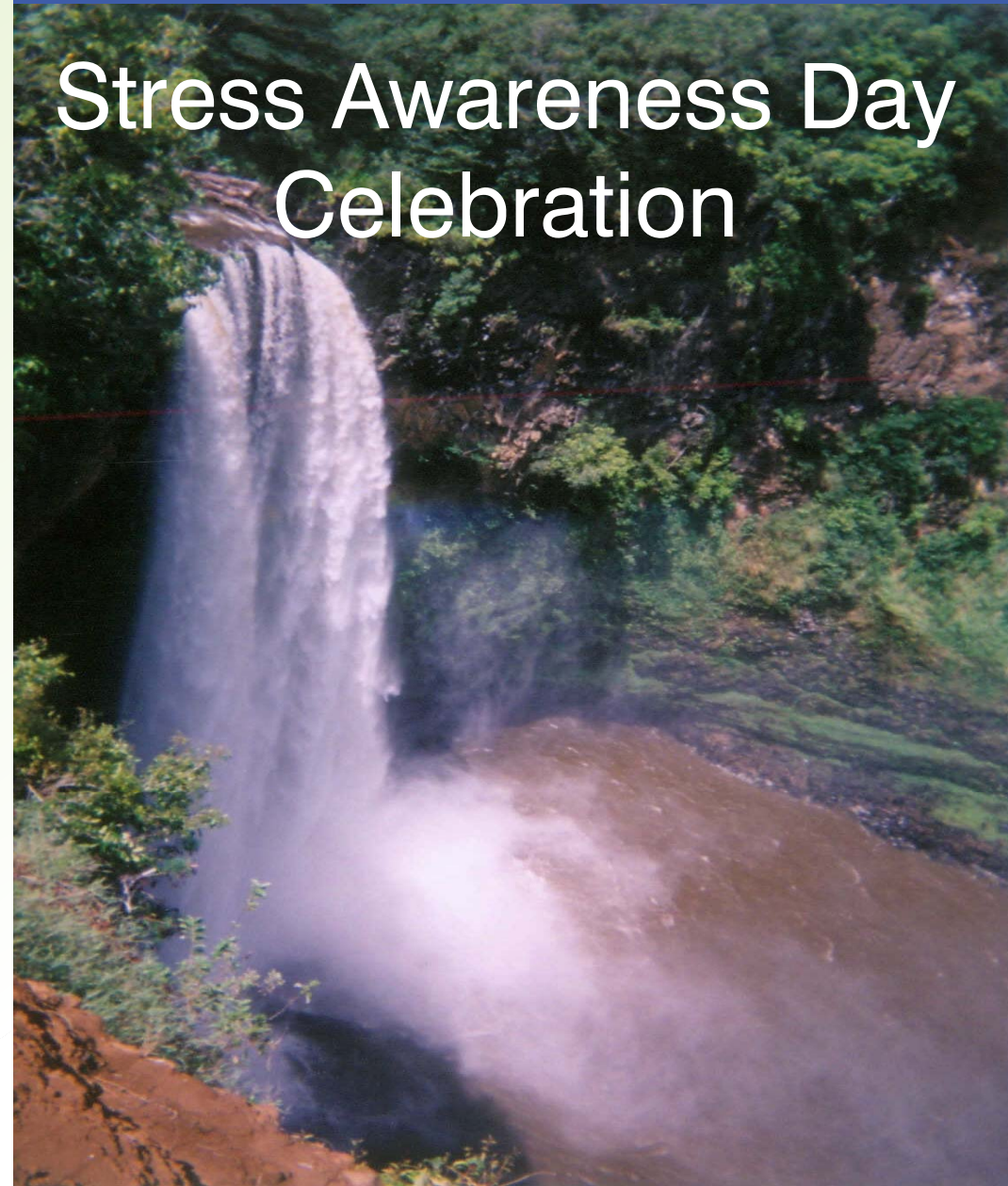
Our programs are not just for the underprivileged, they are for anyone in pain or despair, suffering from stress related symptoms due to extreme lifestyle changes, health challenges or financial hardship.

We do this because stress can lead to health challenges, including stroke and heart attack. It is the number one killer of dreams, hopes, and inspiration. It leads to broken homes, divorce and child abuse. It can lead to mental and emotional pain, causing self-destruction and violence against others.

Here are 5 ways you can help:

1. Transform your own pain to inner peace. Join an Inner Peace Circle;
2. Recommend our organization to one of your corporate contacts so that we may go in and facilitate a De-Stress America Corporate Wellness training program;
3. Get involved with the Peace-In-A-Box Project;
4. Give a tax deductible donation to support staffing, overhead and supplies;
5. Help us spread the word.

www.LivingInnerPeace.org * www.DeStressAmerica.org



Stress Awareness Day Celebration

8929 S. Sepulveda Blvd., Suite 215, Los Angeles, CA 90045
Ph: 1-310-670-4130 * Info@LivingInnerPeace.org



Event Sponsors

FOOD SERVICES

Olive It Restaurant (Olive & Cheese Tray) - (310) 242-2092

Truxton Restaurant (Food) - (310) 417-8789

Partryce Mathews (City Girl Sweets) - (310) 925-0789

Trader Joes (Food) - (310) 338-9238

Jennifer Lanning (Tasty Cakes) - (310) 827-1531

Magic Jump Rentals (Popcorn Machine)

www.MagicJumpRentals.com

OTHER SERVICES

L.A. Business Printing (Event Programs) - (310) 649-5855

Deborah Deras, Speaker/Trainer (Salsa Dancing) - (310) 945-5651

Yvonne Mock-Robertson of Melt-LA (Massage) - (323) 482-2345

DOOR PRIZES

Deborah Deras, Speaker/Trainer (310) 945-5651

(Book: ***Confessions of an Adrenalin Addict***)

Doris Johnson, Licensed Acupuncturist (310) 475-8018

(Acupuncture Treatment for Stress Release)

Dr. Cindy Brown, Relationship Specialist (310) 202-1610

(Book: ***The Cinderella System***)

Robert Lee, Massage Therapist, (323) 527-5020

(The California Difference Massage)

Partryce Mathews, Designer (213) 216-9654

(After-Bath Slippers)

Wanda Marie, Life/Executive Coach, (310) 827-4166

(Books: *Living Inner Peace & Keys to the Kingdom*)

Special Gift (Yolanda King Collection: Book & CD Set)



Event Schedule

6:00 Socializing and networking

6:30 Video showing of Yolanda King in
"A Commitment to Love."

7:00 PROJECT PRESENTATION

8:00 De-Stress Your Body

- De-Stress at your Desk
- De-stress through salsa dancing

9:00 Chocolate Tasting as a De-stressor

9:30 Wrap Up: Instant Stress Release
Techniques.

