



# Wholistic Practices

Today, many of us are taking more active control of our health.... through choices in diet, exercise, lifestyle, and spiritual practices. Various “alternative treatments” abound for us to choose from, which many of us add in to our personal wellness practices.

Unfortunately, there are many people who may benefit from these alternative treatments and yet are unable to take advantage of them (or feel they are unable). The sick, elderly, those in lower socio-economic groups, and those with disabilities are strikingly less likely to be utilizing these healthful practices. In other words, those who may need the help most may have the least access to it.

Networks for Training and Development, Inc. is a small non-profit organization well-known for its work regarding disability issues. Our mission, “dedicated to promoting inclusive communities through quality training, consultation, and practice”, has led us on many wonderful paths, collaborations, and adventures all with the goal of assisting those with disabilities to be a more active part of life and community.

Through the years, we have grown and added on many new initiatives that further our mission.... and principle staff have studied various types of body and energy work, forging new relationships with other practitioners who are looking for ways to give back and assist others..... all leading to a new opportunity to bring fun and increased wellness to many we know!

## What we Can Offer YOU!

The following are just some examples of what we offer in our Wholistic Practices:

- Regular “Community Bodywork Clinics” where practitioners can share & swap their skills with one another & where others may come to receive services all for a small donation.
- Wellness classes & discussions for both practitioners & the general public in topics regarding specific modalities of energy & body work as well as ways to incorporate more healthful practices in all of our lives.
- Outreach events to groups in need such as hospice groups, people with chronic illnesses, seniors citizens, people with disabilities, & their care givers.
- A connected network of practitioners interested in helping others & gifted in healthful practices.
- More to come!



*Ola mai iloko mai.  
Health comes from within.*



For more information, contact

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