

From: Spirit of Wellness SpiritofWellnessInc@mailman.bloomerang-mail.com
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To:



February at Spirit of Wellness

Service with Loving Smiles

Mary,

Another month has passed and more countless smiles have been shared during our weekly lunches where the seniors are treated to a nutritious restaurant style meal.

This month, everyone had extra large smiles as the volunteers modeled their new aprons identifying them as proud hosts who are instrumental to the creation of the special atmosphere that permeates the luncheon week after week.





Some of our "men who lunch" and some of our "ladies who lunch" each week.

Join us on our [Senior Lunch Facebook Page](#).



Before: broken equipment, dirt and dangerous rocks
After: vibrant green grass, a safe play area

A Lush Playground for Joyful Learning

We are thrilled to bring you an update on the transformative developments at Patty's Project, otherwise known as the Little Stars of Knowledge Learning Center.

With your support, and the hard work of the teachers and parents, the center now boasts a vibrant play area adorned with lush green grass.

This new space promises to be a hub of laughter, exploration, and joy providing a holistic learning environment where physical activity is an integral part of the educational journey.

Thanks to you, we are fostering an environment where young minds flourish, gaining not only knowledge but also the confidence to navigate the challenges ahead.

Click below to watch the "thank you" video created by Patty and the children.



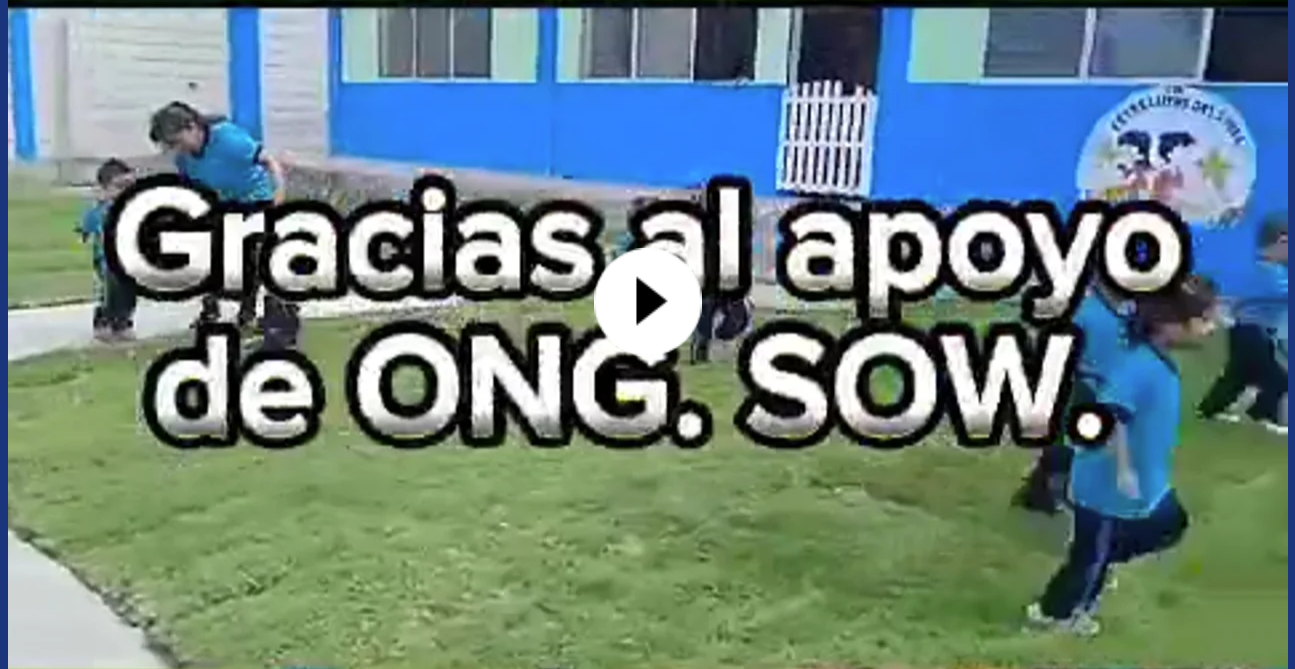
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**Gracias al apoyo
de ONG. SOW.**







Daniela Explains the Need for an Educational Academy

Daniella, a graduate of Olón High School (the community where we currently operate our Foodbank, Senior Lunch and Community Development Intern Program), recently shared her thoughts on the importance of the proposed Spirit of Wellness educational academy.

Daniella, who operates her own salon in the neighboring community of Montanita, explained that an academy offering STEAM (science, technology, engineering, arts and math) and Leadership classes would be a game-changer for the community as many in the area face challenges in pursuing education, especially in fields like leadership and business.

Some of the issues she discussed are:

Educational opportunities can be expensive and present an insurmountable barrier to most families. Access to quality education without the burden of fees would expose more people to greater opportunities for employment.

Childcare is a concern for many. On-site childcare would make it much more feasible for many to attend classes.

Class flexibility is crucial to the pursuit of education so that students would not be forced to sacrifice current jobs to undertake more education.

Transportation is often an obstacle, especially in areas with unreliable public transport where the most-secondary schools require several hours of travel. An academy that offers

the best secondary schools require several hours of travel. An academy that offers transportation options would make it possible for students to attend classes consistently.

Networking is everything in fields like business and entrepreneurship. Rural areas often lack the connections of larger urban areas. An academy that connects the students with mentors and potential business partners would make a real impact.

Daniela expressed hope that the academy will offer opportunities for young adults such as herself as well as younger learners, such as her niece that will enable her beloved community to thrive in the years to come.

I want to help to create a brighter future.

[Donate Now!](#)



Until next time, take care and remember, every act of kindness counts. No act is too small.



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