

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

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Spirit of Wellness



Spirit of Wellness volunteers participate in the annual St. Lucia Parade in Olón, Ecuador.

Welcome 2025!

2025: A Year of Hope and Renewal

As we are well into 2025, we wish all our supporters a year filled with health, resilience, and hope. The challenges we face—here in Ecuador and across the world—are undeniable, from economic uncertainties to global conflicts, but we step forward together with optimism.

Here in our region, the power situation has eased, bringing a much-needed sense of stability. With the new year, we're entering what locals fondly call "the season." This marks the arrival of visitors who come to bask in our abundant sunshine, marvel at the beauty of our coastline, and immerse themselves in the wonders of nature. It's also a critical time of work and opportunity for our community, as tourism is the lifeblood of our local economy.

The past years have been especially difficult due to the pandemic, safety concerns, and power shortages. But as we enter 2025, there is a palpable sense of renewal. The waves are

welcoming, the forests are thriving, and our community is ready to share the warmth of Ecuadorian hospitality once again.

Thank you for being part of our journey. We look forward to sharing the opportunities and successes that 2025 will bring.



Business Owner Maria provides a tour of her fully stocked restaurant.

Business Development Training Completed: Focus on Growth

Inspiring perseverance and determination, our Business Class students successfully completed their course despite the difficulties caused by power outages. The interruptions posed significant challenges but the students' resilience and commitment carried them through.

Graduating just in time for the opening of the bustling tourist season, the students are now equipped with repayable grants to invest in their businesses. These funds help with critical expenses such as marketing plans, inventory purchases. More importantly, the students are armed with a wealth of newly gained knowledge about business strategies, customer engagement, and financial planning.

With their seed money and enhanced skill sets, these entrepreneurs are ready to expand their customer bases and boost their sales volumes. Their efforts will not only benefit their businesses but also contribute to the local economy as the tourist season kicks into high gear.

This success story is a testament to the students' hard work and the power of education and support in driving economic opportunity.

Visit our website to learn more about the 360° Program or follow us on Facebook.



Volunteer AnaMaríe encourages the children with their lessons.

Investing in Education: Building Bright Futures for Young Learners

Education is the cornerstone of opportunity and thanks to your generous support, we continue to make a lasting impact through educational programs and infrastructure improvements.

The infrastructure updates to the early childhood learning centers in San Pedro and Olón are continue to ensure that our youngest learners have safe, welcoming, and engaging environments to begin their educational journeys. These upgrades include improved classroom facilities, child-friendly furniture, and enhanced outdoor play areas that foster both learning and creativity.

For elementary-aged children, access to quality educational materials is essential. This year, Spirit of Wellness provided much-needed books to schools in San Bolívar and Olón. These resources improve literacy and spark curiosity and a love of learning among students.

Recognizing the importance of English proficiency in opening doors to global opportunities, we continue to offer English language tutoring. Personalized sessions empower students with the skills they need to pursue higher education and careers, both locally and internationally.



Volunteer Eileen joyfully serves meals at the weekly lunch.

Foodbank and Senior Lunch: Lifelines for the Olón Community

Week after week, the foodbank serves as a source of sustenance and hope for individuals and families facing food insecurity.

Beyond delivering essential groceries, the foodbank fosters a sense of connection and belonging.

Many of our recipients also participate in the weekly Senior Lunch, a cherished gathering where they are treated to a delicious hot meal served restaurant-style. This special event is about more than just food—it's a time for our community's seniors to come together, share stories, and enjoy the warmth and companionship of both their peers and our dedicated volunteers.

Every dollar to Spirit of Wellness makes an impact.

Donate today!

\$35 = Supports one foodbank family for a month.

\$420 = Supports one foodbank family for a year.

\$4,200 = SUPPORTS TEN FOODBANK FAMILIES FOR AN ENTIRE YEAR!

When people are nourished, futures are bright!

I want to be part of the team. My donation matters.



Volunteers ready to welcome guests to the Senior Lunch.

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



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