



February 5, 2008

Dear Holistic Health Enthusiast:

Enclosed are materials from the Institute for Holistic Health Studies (IHHS) at Western Connecticut State University (WCSU). The mission of the Institute for Holistic Health Studies is to provide the university and broader community with an opportunity to explore holistic health through programming and instruction. We are pleased to announce the following events for 2007/2008 academic year:

- ★ **October 12 – 14, 2007: *International Association for Regression Research and Therapies 2007 International Conference*** Westside Student Center
- ★ **Friday, October 26, 2007: *Brain Gym for All Ages: Janet O. McDonald, Learning Unlimited*** Midtown Student Center room 226
- ★ **Friday, November 30, 2007: *Surviving the Holidays: Learn techniques to stay healthy and stress-free during the holidays. Nina Stout, CHHC, Jade Whole Health*** Midtown Student Center room 226
- ★ **Friday, February 29, 2008: *Living Lean with Rob Nevins: Rob Nevins.*** Midtown Student Center room 201
- ★ **Friday, March 28, 2008: *The Mediterranean Diet: Dr. Artemis Morris ND.*** Midtown Student Center room 201
- ★ **Friday, April 25, 2008: *The Graduate Institute: Kaitlyn Pierce.*** Midtown Student Center room 226
- ★ **TBA: *Walkathon/5K Race and Health Fair: Westside Campus***

We would appreciate your assistance with our efforts to make these events known to the community by displaying flyers in your office and sharing the materials with your friends, colleagues, clients, and customers. As a University Institute we are trying to build on previous program successes. Past programs included: Drs. Joan Borysenko, Judith Orloff, Jean Houston, Anodea Judith, John Diamond, and Neale Donald Walsch, Robert Moss, and other nationally recognized lecturers and authors. We appreciate your assistance with our endeavors to bring exciting programs to the community's attention.

The IHHS is a self-supporting enterprise, thus it relies on businesses, organizations, and individuals for funding. There are various levels you can choose to be a sponsor of the IHHS. Please note that as a sponsor you can display your own promotional materials at the events. This is a wonderful opportunity to get your message out to the community while supporting the IHHS! Your sponsorship contribution can be put toward student scholarships or can be used to support the programmatic costs of IHHS events. Sponsorship can be monetary and in-kind donations (such as water or healthy snacks).

The IRS recognizes WCSU as a charitable organization; therefore your contribution is tax deductible. You can mail your contribution to: Robyn Housemann, Institute for Holistic Health Studies, WCSU, Berkshire Hall 230b, 181 White Street, Danbury CT 06810.

If you have any questions, please email me at housemannr@wcsu.edu or call 203-837-8882. Thank you for supporting this opportunity to enhance the community's knowledge and awareness.

Respectfully,
Robyn A. Housemann, PhD, MPH
Director, Institute for Holistic Health Studies