



Wellness Support Groups (WSG) for Empowerment ICC Crack the Wellness Code (CWC-ICC)

WSG Goal

To create cohesive and proactive groups across SF Bay Area (that could be taken worldwide) to impact the health journey of community members through a decentralized and distributed process of global and local groups. Aim to operationalize 5 WSG during in first 12 months and expand 10 groups per year subsequently. Average WSG size is 20 with no maximum limit.

Focus

- Overall Wellness (Physical, Intellectual, Emotional, Occupational, Social and Spiritual) leading to Holistic Health and Happiness to be the core focus
- WSG to empower individuals to effect changes in their habits and mindsets to achieve their wellness goals
- WSG would enable people to understand that they are not alone, and they have support in this process of a major Transformation. The Members would also appreciate that the connection between their Physical, Emotional, Intellectual, Spiritual wellness, etc., is the key to bring about change.
- 3 Support Group Types: 1. Local (Bay Area Cities) 2. Special Activity (game, exercise) 3. Special Interest (Entrepreneurs, Corporates, Others)

Mission	Educate	Inspire	Empower	Impact
Options	Crowdsource topics and challenge areas for specific WSG to package content. Engage doctors and experts, wherever applicable.	Work with Health Heroes (and patients vetted by Doctors) with inspirational stories and practices for each of the WSG.	Expose WSG to intense Practice Sessions (i.e., stress management, anxiety, relationships). Healthy and tasty food, fitness, exercise, games, etc. Demo of preventive care techniques	Local, Special Activity or Interest based WSG leaders to work with Global Facilitators & Team for high impact programs with tools and techniques for tracking & assessment.

Delivery Mode	Invite WSG members to workshop, conference, webinars, podcasts, retreats and create local content.	Identify matching health heroes - local and external along with doctors and experts for each WSG.	Monthly Global calls (6-8 pm on a preferred day of the month) with local leaders joining. Local meetings, activities and practice sessions (weekly or monthly to TBD by each WSG) to enable change.	Local leaders to collaborate with the global WSG leaders & team to track and measure impact with tools, technology support and expertise from professional and academic partners – Stanford CARE + UCI IFH.
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