



Bauman Integrative Wellness
practices ♦ arts ♦ community

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Bauman Wellness Is Now Leveraging Powered by Action

The wellness of the whole is far greater than the sum of the parts

Our global mission at **Bauman Wellness** is to bring knowledge and practice of integrative wellness to all people. Beginning July 1, 2023, **Bauman Wellness** events, courses, workshops, and trainings will be hosted on the Powered by Action Platform. Download Powered by Action today in the [App Store](#) or [Google Play](#) and *join* or *renew* your membership in our ever expanding **Bauman Wellness** community.

About Powered by Action

Powered by Action is the exclusive nonprofit technology licensing affiliate of Big Heart Social Impact Platform, Exchange & Ecosystem, which is building access to resources in differentiated, groundbreaking and system-altering ways, *then* equitably distributing the intrinsic value resulting from increased engagement and improved life outcomes to marginalized community members to motivate desired behaviors, generate favorable outcomes, and to create generational sustainability.

Powered by Action is a tax-exempt 501(c)(3) minority governed public charity that distributes innovative public interest technology to trusted advocates who are unflinchingly devoted to socio-economic and environmental impact. The technology platform equips and empowers nonprofits and faith-based organizations to:

- **Cultivate individual and community wellbeing**, connect communities into integrated wellness ecosystems, and deliver programs, services, and support groups that promote social and environmental justice.
- **Break down the barriers** impeding equitable access by connecting organizations doing good to the people needing their help in order to build resilient, diverse, regenerative and thriving communities.
- **Level the playing field** for people in vulnerable communities by empowering organizations who serve them to exponentially scale their resources, reach and results.

Powered by Action helps nonprofits like Bauman Wellness and faith-based organizations do good—*better* by:

- Bringing their proven programs, services, and support networks online—together—to form new human connections, share knowledge and encourage lasting behaviors that lift more people to better health, work, wages, wealth, and opportunity.

- Helping them reimagine their programs in their voice, tailored to the people they serve through culturally relevant storytelling and multimedia content.
- Scaling their resources, reach and results by automating the delivery of digital content, reminders, and notifications to increase the number and frequency of quality interactions to drive engagement and accelerate movements.

On the **Powered by Action** global communications network and learning management platform, members and invited guests can attend **Bauman Wellness** events, courses, workshops, and trainings. It's easy to join and is free! [Click here](#) to join us and explore new learning, practice, friendships, and professional growth opportunities.

At **Bauman Wellness**, we aspire to help people save time and money on disease management and welcome fun and creative Integrative Wellness practices into their daily routine to enhance vitality, resilience, and community connections.

For more information, please contact us at bewell@bauman-wellness.org or call 707-795-1284.

[Bauman Wellness](#) is a California 501[c]3 non-profit, established in 1984.

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