

Resolution Number 84
H.E.A.L. - Healthy Effective Alternatives to Live

WHEREAS, Christine Jackson is the visionary and founder of Healthy Effective Alternatives to Live, affectionately known as H.E.A.L.; and

WHEREAS, H.E.A.L. was designed to improve the overall wellness of our community and created to share a wealth of information about alternatives; and

WHEREAS, whether you need to lose weight, bring the body out of a state of dis-ease, or just learn how to use food as your medicine, the Professional Practitioners of H.E.A.L. provide you with a strategy full of true tips and tools that can help you reach your wellness goals; and

WHEREAS, H.E.A.L. assists groups and individuals with transitioning to healthier lifestyles by going into the inner cities addressing illness and disease as the H.E.A.L. Wellness Team. As these holistic health care providers clearly state, *'We can't make changes without changing;'* and

WHEREAS, in an effort to showcase the unlimited potential for meeting community wellness expectations, The H.E.A.L. Wellness Team has created the HEAL-A-BRATION. The HEAL-A-BRATION is a celebration of the wellness journey. A HEAL-A-BRATION includes, but is not limited to: health risk assessments, nutrition counseling, healing touch, aromatherapy, fitness demonstrations, comprehensive meal plans, promoting an ease into this lifestyle change.

NOW THEREFORE BE IT RESOLVED by the Board of Aldermen of the City of St. Louis that we pause in our deliberations to recognize the grassroots efforts of The H.E.A.L. Wellness Team and wish them continued success and we further direct the Clerk of this Board to spread a copy of this Resolution across the minutes of these proceedings and to prepare a commemorative copy to the end that it may be presented to Christine Jackson the Visionary and Founder, Natasha Darbouze-Winfield RN, Ronald Jones the Fitness Coordinator, Isaac D. Peterson Healing Arts Facilitator, and Anubis Dey staff Expert Raw Food Advisor at a time and place deemed appropriate by the Sponsor.

Introduced on the 28th day of June, 2013 by:

Honorable Freeman Bosley, Sr., Alderman 3rd Ward

Adopted this the 28th day of June, 2013 as attested by:

David W. Sweeney
Clerk, Board of Aldermen

Lewis E. Reed
President, Board of Aldermen