



THE FOUNDATION FOR LIVING BEAUTY

Educating, Uplifting and Empowering Women
in their Fight Against Cancer



2015-2016 ANNUAL REPORT

OUR FOUNDER



Dear Friends,

As we embark on our 12th year in service, I find myself reflecting on where we started so many years ago. In 2005, with a handful of passionate volunteers and a cause way too close to home, we enthusiastically set out on a mission to empower, uplift and educate women along their cancer journey. At first there were three...Diane, Mary and Joni (my beloved mother). Best friends for most of their lives, they shared an immeasurable bond so sacred and deep; they were like sisters.

Then in 2003, all three friends found themselves faced with the shock of a cancer diagnosis within a two-year period. Diane with Leiomyosarcoma, Mary with Breast Cancer and Joni with Multiple Myeloma; all found themselves fighting the same battle together. The bond of sisterhood that united them as young girls had become more important than ever as they faced the emotional distress that accompanied their respective diagnoses.

Today, Living Beauty provides the emotional support and sisterhood that Joni, Diane and Mary once shared to the 500+ women currently enrolled in our various programs. Over the past few years, with your support and the commitment of our dedicated staff, board and Executive Director Nancy Davidson, we have seen a steady growth both in the number of women we serve and the programs we provide.

We are beyond grateful for our devoted partners and donors that allow us to continue making a difference in the lives of the women we serve. As stated recently from one of our own Living Beauties, "The Foundation for Living Beauty empowers women at the lowest point in their lives to begin to have a ray of hope that there can be a future with brightness, joy, & happiness."

Thank you for joining us on this important journey as we continue to touch the lives of these courageous women!



Joni, Mary and Diane at the first annual Day of Living Beauty.

96.87%

of Living Beauty retreat participants gained a new understanding of their body and immune system

82.26%

of women at Living Beauty activities had a better understanding of meditation and its positive effects on their body

92.66%

almost universally – of women served by Living Beauty agreed they had more tools to use in strengthening and healing their body

OUR SUPPORTERS

The Foundation for Living Beauty wishes to thank the following donors for their significant support since 2014

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COLLABORATIONS AND PARTNERSHIPS

BloomAgain Foundation	Lineage Performing Arts Center	Rose City Yoga	TRE Los Angeles
City of Hope	New Being Project	Salon Sessions	Yoga 4 Cancer
Cynthia Perez Photography		The Salt Studio	

OUR IMPACT

In 2015, The Foundation for Living Beauty added day retreats and workshops to our annual calendar, increasing the opportunity for living beauties to receive support and education. In 2015 – 2016, The Foundation for Living Beauty provided support services to 485 women with cancer. Some of these services included our Heart Healing and Serenity Yoga overnight retreats, Paths to Healing weekend retreat, day retreats like Fresh Start, Blooming Mindfulness and The New Normal. Workshops also included topics like guided meditation, Ayurveda, nutrition for cancer, and sisterhood/community-building events. In addition, many women joined us through online discussions and more. All events and activities are free for our Living Beauties.

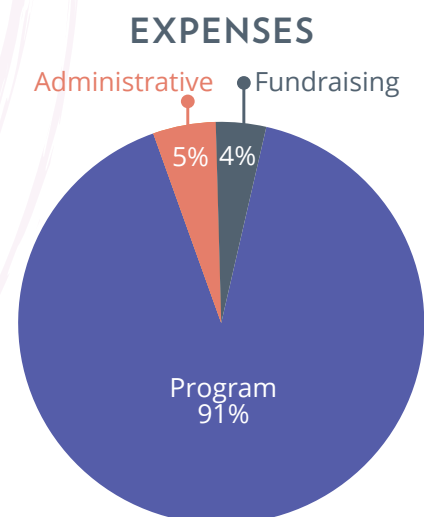
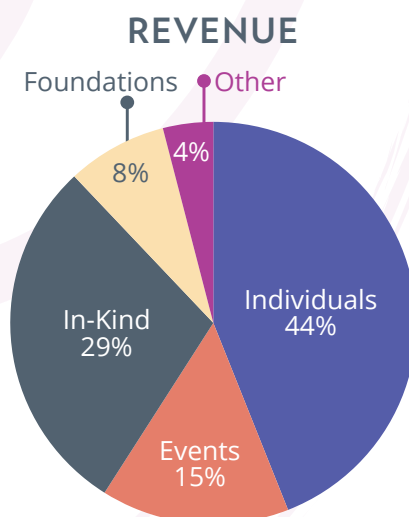
In 2016, The Foundation continued to develop relationships with local hospitals including City of Hope, Methodist Hospital of Southern California and Huntington Hospital in Pasadena. The Foundation for Living Beauty also developed a partnership with the McKesson Foundation to distribute Comfort Kits to women in cancer treatment. In 2017, the Foundation will continue to provide exceptional opportunities for women to be uplifted and supported in their cancer journey. In addition, we'll provide support to the family and friends of Living Beauties, and provide focused retreats for women at different points in their journey.

LOOKING FORWARD

In 2017, The Foundation for Living Beauty will strive to:

- Continue to provide quality and diverse programs to support women along their cancer journey
- Provide outreach to local hospitals and physicians about the programs offered by The Foundation for Living Beauty
- Diversify our fundraising programs to further strengthen the Foundation's economic position
- Continue to honor women wherever they are in their journey and provide opportunities for sisterhood and support

As an organization, we recognize the need to maintain a diversified fundraising program. The Foundation for Living Beauty has expanded its fundraising efforts to include a variety of fundraising events, solicitations from individuals, major donors and corporations, and a developing foundation relations program. A comprehensive plan has been put in place for 2017 to ensure a varied and robust fund development program. The Foundation for Living Beauty is proud to reflect that 91% of all expenses are directly related to serving Living Beauties.



WHO WE ARE

More than 843,800 women are diagnosed with cancer each year in the United States. The overriding goal of The Foundation for Living Beauty is to provide support and empowerment to women as they go through one of the biggest challenges in their lives.

Dedicated to improving the quality of the lives for women living with cancer and cancer survivors, The Foundation for Living Beauty has been providing integrative educational workshops, resources and activities to our “Living Beauties” since 2005. Hundreds of women struggling with cancer find support and resources at The Foundation for Living Beauty, along with the understanding of many other women who have walked in their shoes.

The Foundation for Living Beauty uplifts, empowers and educates women along a cancer journey with complementary activities designed to support their medical treatment. We strive to empower our Living Beauties on their journeys to healing through a multi-tiered, wrap-around approach. This approach includes overnight wellness retreats, day retreats, educational workshops, sisterhood/ community-building events and more.

*“Living Beauty is a community; a sisterhood...
We are different ages, ethnic backgrounds and different cancers...
We give each other permission to be beautiful.”*
- A Living Beauty

PROGRAMS & SERVICES

for women at all stages of the journey



WELLNESS RETREATS

Our Wellness Retreats are 3-4 day journeys that transport our participants away from the daily stresses of a cancer diagnosis and into a peaceful environment where they are fully immersed in holistic lifestyle training.



SISTERHOOD SUPPORT EVENTS

These programs give women an opportunity to share in each other's concerns, celebrate milestones and fortify a sisterhood bond in their collective fight through cancer.



INTEGRATIVE THERAPY WORKSHOPS

Education is a vital part of the holistic model we embody. Living Beauties are introduced to various healing modalities that complement their traditional treatment plans.



RESOURCES AND SUPPORT

We are proud to offer a variety of supportive services to our Living Beauties, including financial assistance through partnerships with other organizations, and referrals to additional services through our resource site and library.

"Cancer is a scary world. I thank you for giving me a place to feel 'normal' and to make me smile. I can feel the warmth of your embrace, and I can breathe."

- A Living Beauty



THE FOUNDATION FOR
LIVING BEAUTY

The Foundation for Living Beauty

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The Foundation for Living Beauty is a 501(c)(3) nonprofit organization. We provide resources and services to women who have been diagnosed with cancer. We do not provide medical advice or endorse any particular physician, medical group or treatment.

Our tax identification number is 20-2914212.

If you or someone you know are facing a cancer diagnosis and would like to join our living beauties, please visit our website at www.livingbeauty.org.

The Foundation for Living Beauty Board of Directors

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