



IQ&IAM
P.O. Box 31576
Seattle, Washington 98103

December 14, 2010

Dear Yi Ren Qigong Practitioner,

I would personally like to thank each and every individual that has contributed to IQ&IAM. Without you, our dedicated member of the Institute of Qigong and Internal Medicine, the Institute would not have prospered and grown as it has in the past thirteen years.

This year has brought many exciting changes. First and foremost, Dr. Sun has returned as Executive Director. With Dr. Sun's return, the Institute embarks on a new journey – this time with a Yi Ren Medical Qigong focus. Second, IQ&IAM invites you to attend the first conference of Medical Qigong and Integrative Medicine on January 07 and 08, 2011. Please see the conference flyer for details.

Now the paradigm shift in chronic illness treatment places the emphasis on self-care and self-management. Dr. Sun has developed a new "Inspired Self Healing Program (ISHP)" to empower, promote, and assist self-healing, self-care and self-fulfillment. ISHP is designed to promote overall wellness for both healthy individuals and those suffering with health challenges. Individuals with chronic health conditions will especially find ISHP useful for supporting personal healing and improving the overall quality of their lives. This ISHP will be launched in January 2011.

When we work together to promote the paradigm shift from a focus on disease to one based on wellness, we all prosper. We gain intrinsic strength as the mind and body grow and heal as one. The first conference of Medical Qigong and Integrative Medicine will be a significant event for IQ&IAM to integrate Medical Qigong with other integrative medicine modalities together in order to provide greater service for our community members and beyond.

We sincerely hope you will consider making a contribution to directly support the first conference of IQ&IAM and the implementation of ISHP.

Become an active part of the Inspired Self Healing Program with your donation today. Any amount you can give helps. With your dedicated support and continued generosity, IQ&IAM can become a powerful healing reality.

Thank you,

Greg Malcham
IQ&IAM Board President