



2023 IMPACT REPORT

Be Well Be Here

MISSION

Be Well Be Here inspires wellBEing through creative mindful wellness practices and the transformative power of storytelling to build compassionate communities.

A message from our founder

Be Well Be Here (BWBH) aspires to make wellBEing practices and authentic storytelling a way of life for the benefit of ALL. Our work is grounded in a commitment to equitably offer creative, evidence-based, trauma-informed mindful wellness education that connects us individually as well as collectively. BWBH’s creative practices inspire us to explore a new path of growth and healing with great compassion while celebrating our stories on the journey to wellBEing.

BWBH works hard to address community health and wellness needs, designing and implementing dozens of mindful programs that boost wellBEing and spur compassionate community connection. With rising levels of stress, anxiety and mental health concerns, BWBH faces many challenges to meet increased demand for our creative programs with a small staff and limited budget. The BWBH team is determined to continue to provide high quality wellbeing programs, grow the organization mindfully, expand our donor base, remain inclusive and foster meaningful collaborative experiences that change lives.

Impact Snapshot



2,700 Engaged mindfulness practitioners online

250 FREE mindful wellness sessions each year

1,275 Outreach session attendees in schools and non-profits

20 Collaborative organizational partnerships

as of June 1, 2023

BWBH PROGRAMS BUILD COMPASSIONATE COMMUNITY!

Projects

Details

Outcome

FREE Online Meditation

30 minute mindful practices Monday - Friday and some weekends

- 250 annual sessions
- 2,700 participants
- Dozens of donors

Scholarships and subsidies

Full and partial scholarships for all paid sessions plus subsidized group programming

- Provided over \$3,000 to 324 participants at 21 mindful events

Outreach Projects

FREE and discounted Mindful Wellness Sessions for schools, businesses and nonprofits

Brings celebrated mindfulness authors and experts to the Concord Free Public Library

- 78 annual sessions
- 1,275 attendees
- BWBH event with yung pueblo attended by 140 with a waitlist of 200 people



BWBH's founder with author and mindfulness educator yung pueblo (aka, Diego Perez), who has 3 million online followers, at the Concord Festival of Authors



The Stories of Us team with inaugural presenters

The Stories of Us

- Inclusive Storytelling originated by BWBH
- Co-created in collaboration with local DEI organizations, COAR and Carlisle DEICAC
- Partially funded with a grant from *Freedom's Way National Heritage Area* and Carlisle Cultural Council
- Outpouring of interest and support
- Capacity program at the Concord Free Public Library

"In April 2023, Be Well Be Here in collaboration with COAR and Carlisle DEICAC, brought The Stories of Us to the Concord Free Public Library, a successful and well-attended event. Patrons shared that the program helped them feel more connected to other members of the community, and they hoped the program will continue in the future. We look forward to many more years of collaboration with Be Well Be Here."

- Barbara Gugluizza, CFPL Head of Reference



THE STORIES OF US
STORYSHARING IN COMMUNITY

BWBH Mindful Offerings

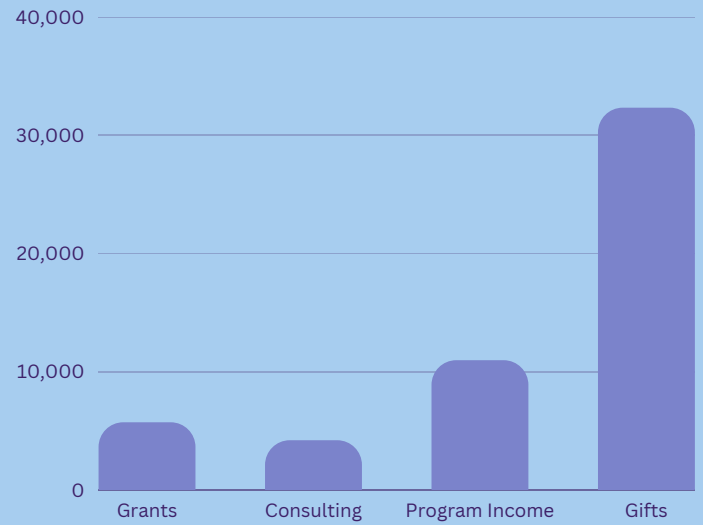


Rate of Growth

	FY 2019	FY 2020	FY 2021	FY 2022
Free/Outreach Sessions	82	148	211	247
Free/Outreach Attendees	478	1,576	1,912	2,652
Paid/Consulting Participants	225	192	479	564
Overall Participants	703	1,768	2,391	3,216

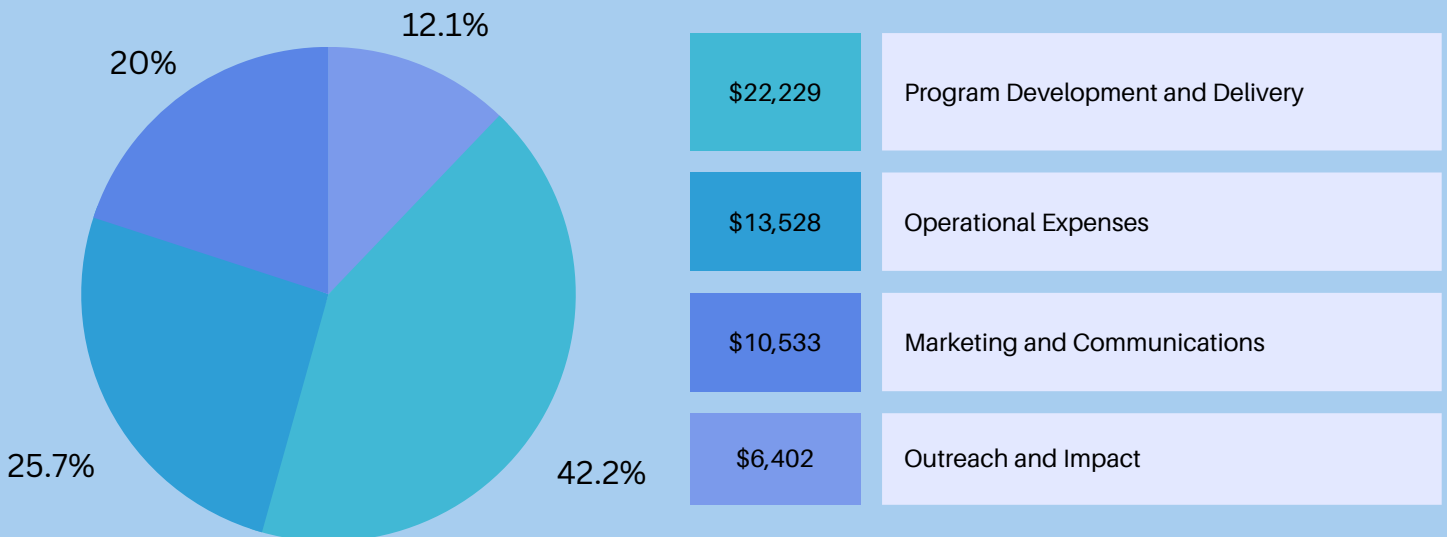


Sources of Income FY 2022-23



Be Well Be Here seeks sustainability through multiple sources of income, including grant funding, fee-based programs, collaborative consulting and the generosity of our donors.

BWBH Expense Distribution FY 2022-23



As Be Well Be Here enters our fifth year as a 501c3 non-profit mindful wellness educational collaborative, our work unfolds with an invigorated sense of clarity, passion and purpose. Be Well Be Here's creative wellness offerings explore the intersectionality of WellBEing, Storytelling and Befriending through practices that transform individuals and communities. We continue to lovingly listen and learn in community, co-creating possible paths of healing with greater perspective and awareness while sustaining our commitment to inclusivity, care and kindness.

Thank You!

Our generous donors are instrumental to the co-creation and growth of BWBH's creative wellness programs. We are grateful for your on-going support.

Anonymous	Jenny Carlson Pietraszek	Carol Ann Hannan	Cassey Malloy	Ruchika Sikri
Allison Amend	Jayne Carter	Georgia Harris	Alex & Vera Malozemoff	Kristen Spence
Kristine Arena	Lisa Charland	Jackie Hawkinson	Cheryl Marceau	Kathryn Stadt
Laura Bailey	Patricia Chilangwa	Gloria Herdt	Victoria Masotta-Scioli	Debra Stark
Nancy Ballantyne	Michelle Coleman	Caitlin Hill	Kathleen McDonough	Brooke Stein
Jen Barlow	Elizabeth Collison	Lee Hoffman	Michelle McFaul	Jenna Surwilo
Amy Barrett	Amy Corveleyn	Glee Hoonhout	Melinda Melendez	Christine Taylor-McKenna
Joanna Barrett	Don & Bernice Coughlin	Holly and Peter Howe	Samintha Miller	Melita Teichert
MaryAnn Barton	Valorie Coviello	Shellie and Greg James	MaryAlice Mudge	Donna Tisdale Bicchieri
Katherine Batson	Lisa Daigle	Linda Johnson	Maryanne O'Hara	Jim Trant
Richard & Barbara Beach	Molly Delehey	Eleanor Kam	Monika Ostroff	Kathleen Travis
Bonnie Beaudet	Robert & Beth Dorf	Grace Kam	Pamela Painter	Jan Udem
Sarah Beers	Carolyn Doyle	Marjan Kamali	Usha Pasi	Jamie Vinciguerra
Evelyn & Franki Bennett	Jennifer Dunbar	Patty Keane	Ilse Plume	Kelly Walters
Emma Blydenburgh	Caroline Ellis	Mary Lou & Tom Kearns	Ganna Podolska	Nancy Wasserman
Patricia Boerner	Christine Ellis	Katy Kelly	Adrienne Principe	Libby Webb
Nathalie Boily	Rose Felix Cratsley	Marybeth Kelly	Virginia Pye	Ellen Whitney
Tref Borden	Andrea Finnerty	Fritz Kissner	Margo Rabb	Lois Whitney
Priscilla Bourgoine	Gretchen Fogelstrom	Betty Knake	Vonnie Reis	Barbara Wiedenman
John & Johanna Boynton	Jackie Gagliardi	Nancy Knoff	Daniel Riordan	Suzanne Williams
Charlene Brisco	Carol Gannon	Els Knoppers	David Roane	Clairenne Wilson
Rebecca Bruhn	David Gavin	Kelly Korreck	Jenny Robertson	Elisielle Wilson
Beverley Bryant	Sofia Ghannam	AnnMarie Lanza	Ann Rolfs	Jane Wilson
Louis Caldarella	Julianne Gilpin	Andrea Leahy	Gayle Rosenfeld	Lara & Bryan Wilson
Cambridge Community	Jean Goldsberry	Paula Ledbetter	Charlotte Ross	Rachel Wilson
Foundation	Nicole Grant	Natasha Lifton & Dan Itzkovitz	Whitney Scharer	Tyden Wilson
Jacquelyn Campbell	Lynne Griffin	John Lopes	Eva Schegulla	Verreth Wilson
Dr. Marilyn Capek	Lynette Gutcho	Gregory Maguire	Jennifer Schunemann	Tracey Wright
	Nancy Hagner		Alyssia Sheikh	Karin Yen

Deep Gratitude to our Grant Funders WHO MAKE BWBH PROGRAMS POSSIBLE



Freedom's
Way NATIONAL
HERITAGE AREA



CONCORD-CARLISLE
COMMUNITY CHEST



CONCORD
CULTURAL
COUNCIL



Mass
Cultural
Council

BE a part of BWBH's BEloved community!



Lara Wilson, Founder and Executive Director



Jen Barlow
Operations Manager



Salma Selim
Communications Coordinator

Be Well Be Here Team

Usha Pasi, Board Co-President

Whitney Scharer, Board Co-President

Katherine Batson, Treasurer

Paula Ledbetter, Clerk

David Roane, Board Member

Allison Amend, Board Member

Lara Wilson, Executive Director

Jen Barlow, Operations Manager

Salma Selim, Comms Coordinator

Criss Cuervo, Programming Consultant

Maggie Reilly, High School Intern

Sophie Mahler, High School Intern

Frank Matias, College Intern

Jacob Millendorf, College Intern

BE WELL BE HERE Collaborators



Concord-Carlisle Regional School District
Adult & Community Education



BWBH wellBEing Council

Louis Caldarella, Educator

Jennifer Carlson-Pietraszek, Educator

Charity Collier, Mindful Meditation

Topi Dasgupta, Educator

Jennifer De Leon, Author & Educator

Nina Englander, Chiropractor

Sofia Ghannam, Development

Jared Green, Educator

Harry Harding, Leadership Educator

Sharona Jacobs, Photographer

Rosemarie Johnson, Philanthropist

Marjan Kamali, Author & Educator

Andrew Nyameyke, DEIB Director

Monika Ostroff, Mindful Nourishment

Jennifer Quest-Stern, LMHC

Ruchika Sikri, Mindfulness Educator

Nikki Turnpin, DEIB Director

Chris Willard, Mindfulness Educator

BWBH Guides & Teachers

Jenna Blum, Writing & Tarot

Larissa Hall Carlson, Ayurveda

Molly Delehey, Movement & Play

Michelle Hoover, Mindful Writing

Carla Leone, Meditation & Recovery

Lisa Lombardi, Mindful Meditation

Heather Maguire, Intuitive Arts

Rachel Munyard, Sound Healing

Maryanne O'Hara, Mindful Writing

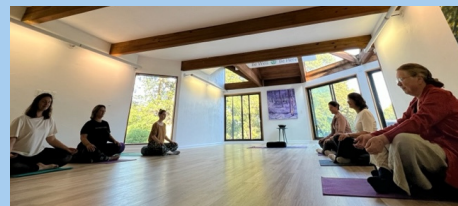
Gihanah Seb Di Dio, Belonging

Kendra Wilde, Mindful Parenting

PRAISE FROM BWBH'S BELOVED COMMUNITY

“The wide range of times that Be Well Be Here provides meditation make it accessible for many people. I almost always leave feeling calmer, more peaceful and more centered. Thank you for your commitment to sharing your extensive knowledge and experience. The meditation sessions have made a real difference in my life. It is a gift I cherish every day.” –**Grace, Devoted BWBH Meditator**

“Be Well Be Here sessions help develop our daily mindfulness practice while also bringing peace and calm through guided meditations. -Karin”



“Be Well Be Here is an amazing organization that offers so much to our community to address the mental health crisis. Guides at BWBH have opened my eyes to the wellness world, and helped me co-create a Summer Teen Girls BEtreat to support teen mental health. I am continuing to learn more about how well-being practices can reduce stress and change our lives, and I encourage other teens to do so!” –**Maggie Reilly, BWBH High School intern**

“The 3 days of the BEtreat were amazing and well organized. I had lots of fun and tried new things. These past couple of days I have felt better about myself and the world we live in.” –**Teen BEtreater**

“ A new sense of possibility and wonder.”



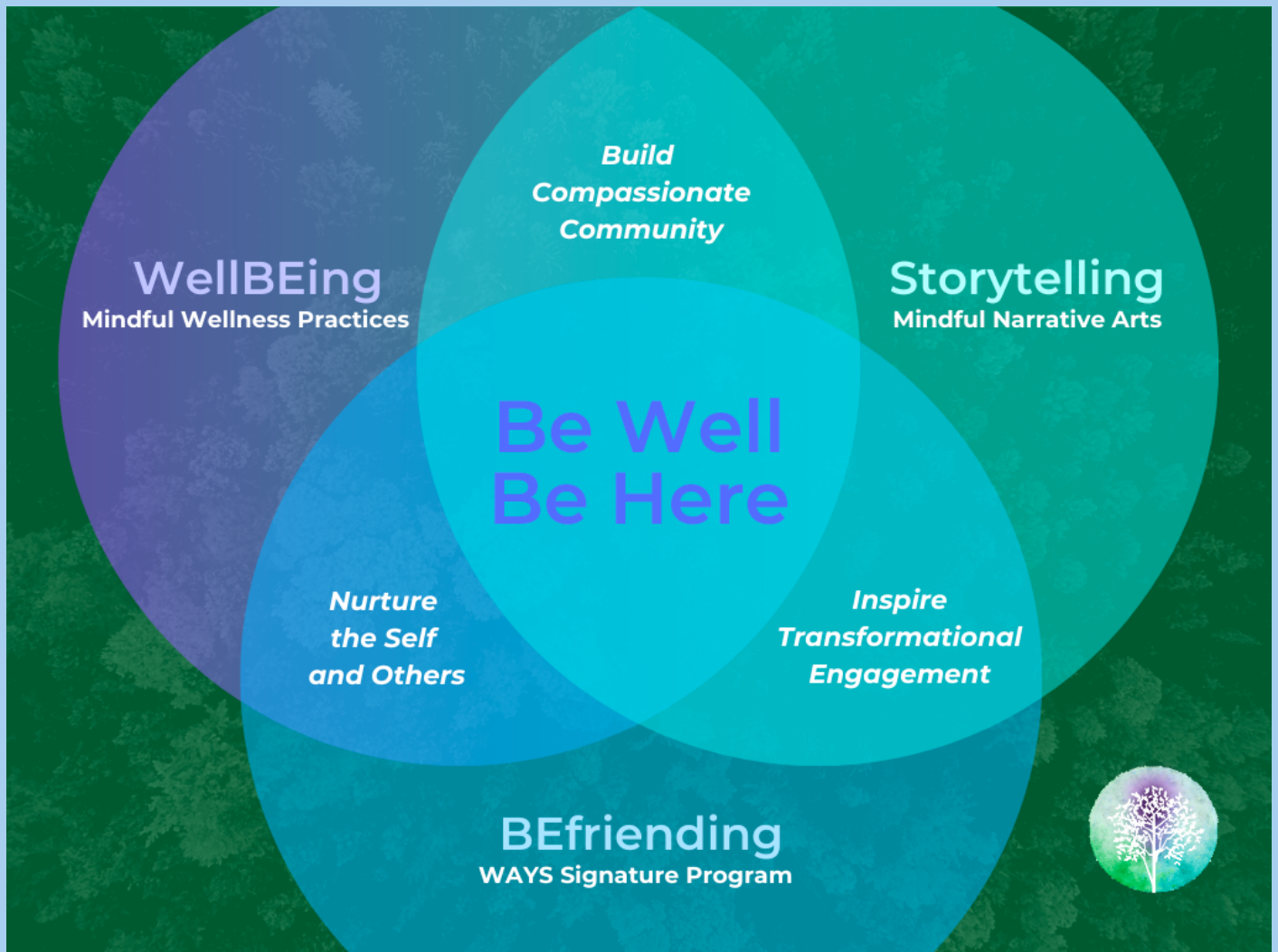
I marvel at the variety of wellness modalities that are offered through BWBH and am delighted that these opportunities are accessible to everyone, regardless of financial means and physical abilities. BWBH creates environments focused on inclusion, in all senses, building a sense of community that invites all involved to be heard and seen. –**Tracey Wright, BWBH Ambassador**



“I have learned so much, and am ready and excited to get back to my writing from a place of intention. Thank you!!”

“Thanks so much for Monday nights! I’m so disappointed when I can’t attend and I’m amazed by how connected I feel, to myself and to the world, after just 30 minutes of group meditation.” - Denise

“ Very thoughtful atmosphere yet also nurturing and generative.”



Be Well Be Here welcomes all who seek wellBEing.

Join us in-person, on BEtreat or online for
FREE weekday meditation at BeWellBeHere.org



Be Well Be Here

BeWellBeHere.org

978-203-2825

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