

The OM Care initiative is designed to reduce stress and bring rest and relaxation to those who work for the hundreds of non-profit charitable organizations across Western North Carolina. According to studies, an estimated 75% to 90 % of visits to primary care physicians are for stress-related complaints. Through providing the opportunity for mindful practices, wellness sessions and rest and relaxation, OM Sanctuary will support our community's dedicated "non-propheteers" and ripple health and well being across Buncombe County. Qualified non-profit organizations are invited to apply on behalf of one of their employees for 2015 and if selected, that employee will receive a complimentary 1 night weekday Rest & Renewal Stay with breakfast at the OM Sanctuary 54 acre "secret garden," formerly the site of the Richmond Hill Inn. The program is supported by the generosity of donors. As the support for the program grows, so will the beneficial services that are offered.

Currently, OM Care recipients will enjoy the cellphone/technology free common areas, OM's complimentary holistic education classes, the opportunity for guided meditation, the relaxing sauna and steam shower, a massage in the Wellness Center and walking the Tranquility Trail above the French Broad River. The awardees will be announced in OM Monthly, OM Sanctuary's newsletter.

Shelli Stanback, founder and visionary of OM Sanctuary, felt this was an important initiative to support all the wonderful non-profit staff in Buncombe County who have touched the lives of so many others. "As a financial supporter of many charitable non-profits in town, I realized how stressed many employees were and I knew OM Sanctuary with its nurturing environment, lodging, gardens, nature trails, holistic educational opportunities, and convenient location to downtown Asheville was an important resource. By offering this support to employees and 'taking care of the caretakers', we are hoping to create a positive ripple in the non-profit community so that our whole County and those in need will benefit. As we all know, non-profit employees give so much to our community and usually lack time for self-care. Working in a non-profit can be so fast paced and with so few resources, that employees can face severe stress. I am happy for OM Sanctuary to help be part of a solution."

According to the Non Profit Times, at a 2012 Association of Fundraising Professionals conference, attendees discussed information about the consequences of stress in the non-profit workplace including high healthcare expenditures, disease, headaches, sleep disturbance, poor concentration, short temper and low job morale.

OM Sanctuary is a 501(c)3 non-profit organization responding to the increasing number of people seeking to bring balance, health, and inspiration into their personal and professional lives. OM Sanctuary offers individual Rest & Renewal Stays, group holistic education programs and the opportunity for groups to bring their own education programs in a nature-based environment. For more information, please visit www.omsanctuary.org or call [828-252-7313](tel:828-252-7313).