



HEARTWOOD
center for body mind spirit

FOR IMMEDIATE RELEASE
August 8, 2008

For more information, contact:
Nancy Floy, Heartwood Executive Director
847.491.1122 x11
nancyfloy@heartwoodcenter.com

LOCAL CONNECTION OPENS SCHOOL FOR TIBETAN GIRLS Heartwood Foundation Fostering Peace Through Education

EVANSTON, IL — August 8, 2008 — In an ongoing effort to bring peace through education in Tibet where tensions continue to attract the world's attention, Heartwood Foundation is moving forward with the opening of a girls school in Yushu, China, this month. The vocational boarding school for Tibetan girls is founded by Asang (a director with the Heartwood Foundation and meditation instructor at Evanston's Heartwood Center) who left Tibet after his sister and her baby died during childbirth. He resolved to find ways to prevent other girls from suffering the same fate and is joined by his wife, Heartwood's Nancy Floy, as well as the Heartwood community, in this life-changing project.

“We believe the hope for Tibet and the health and safety of Tibetan women lies in education,” says Nancy who is Heartwood's Executive Director. Tibetan women in the Nanchen region—who typically have six to 10 children—have one of the highest mortality rates (for infants and mothers) during pregnancy and childbirth. In fact, Tibetan women are 300 times more likely to die than women in developed countries from various pregnancy and delivery complications. The key to changing this tragic cycle and creating health and opportunity for these people is education.

Tibet is obviously a common topic of conversation for Asang: “People ask me what they can do to help. Providing an education and a safe place to live for young Tibetan women is one way to contribute for anyone who wants to make a difference.”

ADD ONE: TIBETAN GIRLS SCHOOL FOSTERS PEACE

Working with permission of the Chinese government, Heartwood Foundation's Tibet Girls School supplies room, food, clothing and education for ten nomad girls ages 14 to 20 each year in the city of Yushu. When the school opens at the end of the month, instructors will teach math, reading, writing, handicrafts and business skills; they will also provide healthcare information, especially the use of birth control. Tax-deductible donations are accepted and can be made by contacting Heartwood Foundation Director Nancy Floy at 847.491.1122 x11.

Asang and Nancy offer talks to any type of group interested in learning more about the school and circumstances in Tibet. The couple also teaches a Tibetan Buddhist Meditation class on Friday evenings at Heartwood; all proceeds go toward Heartwood Foundation's Tibet Girls School.

ABOUT HEARTWOOD FOUNDATION

Heartwood Foundation, the not-for-profit organization established by Heartwood Center, supports two major initiatives to further its mission to promote women's health. Now in its fifth year, the **Women and Cancer Program** provides free holistic healthcare services for women in need. The **Heartwood Tibet Girls School** will be a vocational boarding school for Tibetan girls ages 14 to 20 to help Nomad yak herding families provide more opportunities for the next generation. For more information, visit the Heartwood web site at www.heartwoodcenter.com.

ABOUT HEARTWOOD CENTER, INC.

Heartwood Center for body mind spirit is a community-based organization committed to providing holistic healthcare in Evanston and the greater Chicago area. Located in downtown Evanston, Heartwood provides a beautiful uplifted space where patients, clients and students receive care and teaching from some of the best practitioners nationwide in acupuncture, psychotherapy, massage/bodywork, tai chi, yoga and more. For more information, visit the Heartwood web site at www.heartwoodcenter.com.

###