



Funds Distribution Report

Recipient Organization:
Harmony Hill

Address:
7362 E State Route 106
Union, WA 98592

Contact:
(360) 898-2363
<https://www.harmonyhill.org>

Organization's General Goals:
Harmony Hill supports people with cancer, care partners, healthcare workers, those who have lost a loved one, and others who want to live better and longer by managing their emotional well-being.

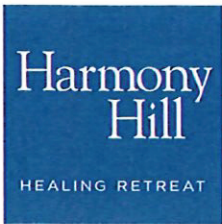
Date of Award:	Level:
2023 Q1	\$2,501 to \$5,000

For more information, please read the attached report from Harmony Hill.

8802 27th Ave NE
Tulalip, WA 98271

TulalipCares.org

Disclaimer: This report may be a summary of content provided by the recipient, not always complete quoted material.



January 30, 2024

Marilyn Sheldon
Tulalip Tribes Charitable Contributions
8802 27th Avenue NE
Tulalip, WA 98271-9694

Dear Marilyn,

On behalf of the entire Harmony Hill Family, we are humbly grateful for the tremendous support from the Tulalip Tribes Charitable Contributions Fund award to Harmony Hill in 2023. We are excited to share the following Report:

Organization: Harmony Hill **URL:** www.harmonyhill.org **Code:** Q1 2023 14.2

Total # of recipients impacted by Harmony Hill: 4,194 **Project Name:** Cancer Retreats

Description of How Grant was Spent: The grant money was used to support food, lodging, and facility fees for Harmony Hill's three-day, two-night cancer retreats. These retreats helped redefine the experience of cancer through learning, skill building and deep processing that enabled people to change habit, improve lifestyles, and open their hearts and minds to new ways of living with or surviving cancer. Participants visited Harmony Hill Retreat Center, surrounded by lovely gardens, nature trails, and labyrinths, immersed in natural beauty and nourished by healthy, healing food. They learned self-care tools and engaged in group sessions including: meditation, yoga, mindfulness practices, journaling, poetry, art, and music. The retreat was offered at no-cost to all participants to ensure that finances were not a barrier.

Measurement of Effectiveness: Over 90% of Cancer Retreat Participants reported the following:

- Increased sense of well-being
- Increased awareness of the value of self-care
- Increased sense of connection with others and with life
- Decreased stress
- Decreased fear and anxiety

Thank you for helping to change lives. The incredible gift from Tulalip Tribes Charitable Contributions allowed Harmony Hill to serve our mission to inspire healthy living for all and transform the lives of those affected by cancer.

In gratitude,


Cheryl Sesnon
Executive Director

7362 East State Route106 Union, WA 98592 Phone 360.898.2363 www.harmonyhill.org

