



Friends of Heart

Empowering life by sharing knowledge and wisdom

"Everyone thinks of changing the world but no one thinks of changing himself" ... LEO TOLSTOY

We spend our lifetime taking care of others; and in the process, we neglect to look after ourselves. If this message resonates with you, then join us in a sojourn to take charge of yourself - through self-management of your mind, body and spirit.

Friends of Heart is a collaborative group of kindred spirits that empowers life by sharing our cumulative knowledge and wisdom. We will focus on the body/mind/ spirit entity and raising awareness. We will arrange lectures, book and documentary reviews dealing with self-development, philosophy and New Thought.

We already have conducted few meetings.
To review the report and photos of past events go to:
<http://www.openstreamdesign.com/events/>

Our Websites:

Our online collaboration social networking) website is <http://liferepattern.meetup.com/28/>

We also have a website listing books, useful website resources, articles. Go to:
<http://www.openstreamdesign.com/>

See the Report & Photos of previous events/meetings at:
<http://www.openstreamdesign.com/events>

How to Join & Support:

- o You are encouraged to join on online:
<http://liferepattern.meetup.com/28/>
- o Help us by becoming a volunteer:
<http://www.openstreamdesign.com/friendsofheart/volunteers.htm>
- o Join our Speakers Bureau for giving future presentations:
<http://www.openstreamdesign.com/friendsofheart/directory.htm>
- o Sponsor an event:
http://www.openstreamdesign.com/friendsofheart/sponsorship_proposal.pdf
- o Become a Sponsoring member:
http://www.openstreamdesign.com/friendsofheart/life_members.htm

Future Plans

1. Publish e-Newsletter.
2. Establish a library and a resource center
3. Establish a wellness retreat

For Inquiries:

We need sponsors, speakers and volunteers to provide empowering programs.
Contact Max Haroon by sending an email to max@openstreamdesign.com or phone: 416-891-937

Volunteers Required

If you like what we do, then please consider volunteering. We would appreciate your help in the following areas:

- Assistant to operate the Meetup.com Group
- Posting event flyers
- Sponsorship Marketing
- Coordinating speakers
- Media coordination
- Community outreach
- Becoming board members
- Managing Internet and web design
- Publishing e-Newsletter
- Coordinating Resource Centre

