

Save
the Date
June 10, 2023



GLOBAL WELLNESS DAY[®]

*"One day, can change
your whole life!"*

| *About GWD*

Dear Wellness Volunteers,

We all want to be healthy, look good, and live under good physical and mental conditions. Living well is practically the whole world's common dream. We've honored almost everything which is important to us with a special day, so why isn't there a global day to honor the universally accepted importance of living well?

We are proud to say that for the past 11 years, we can answer this question by saying "it now exists". Every year, on the second Saturday of June, we celebrate this special day as **Global Wellness Day**.



Global Wellness Day is an entirely not-for-profit day, an international social project dedicated to living well. The fundamental purpose of the day is to make us aware of the value of our lives.

Even if it's for one day of the year, to make us stop and think, to get away from the stress of city living and our bad habits, and thereby find peace within ourselves.

The first step that we have taken in Turkey towards living well has turned into an international movement together with GWD Advisors, Ambassadors and Key Supporters who are lifestyle-oriented entrepreneurs and wellness professionals from all around the world.

We have set ourselves the goal of making Global Wellness Day a day which is celebrated all over the world by every single person and we are marching with steady steps towards this goal. If you are like us, and you believe that one day can change your whole way of living, then join us now. As a supporter of Global Wellness Day, bring this special day to your city/country.

Be well,

Belgin Aksoy

Global Wellness Day, Founder

Richmond Hotels, Creative Director

WHY GLOBAL WELLNESS DAY?

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The most common disease throughout the world. The greatest danger facing mankind. Don't think we are talking about a new virus when you hear these descriptions. The name of the most common illness on earth is depression. Also known as unhappiness. Unhappiness is not a simple problem.

Unhappiness means sleep disorders, stress, poor nutrition, inactivity, obesity and heart disease. If you think that scientists will solve this problem that looks like a dark cloud over our future, then think again. Because the solution is in your hands. The solution is in the wellness itself.



Millions of people need an inspiring beginning and the name of that beginning is **Global Wellness Day**. **Global Wellness Day** is a journey of self-discovery where you will find you can change everyday of your life.

That's why we need to spread GWD all over the world to remind people that wellness is for everyone and it is not a luxury but a necessity.



A hand is shown from the wrist to the tip of the index finger, pointing to the right. The hand is split vertically by a solid magenta bar. The left side of the hand is white, and the right side is magenta. The text 'WHAT IS GLOBAL WELLNESS DAY?' is written in white, bold, uppercase letters across the magenta portion of the hand.

WHAT IS GLOBAL WELLNESS DAY?

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Global Wellness Day, which brings together exercise, healthy eating and inner health is a global movement raising awareness of living well throughout the world. It is a step that ignites the flame of happiness. It is a special opportunity to bring together the wellness world in an inspiring mission.

Global Wellness Day was born in Sapanca, Turkey as an entirely not-for-profit event in 2012. It is now an officially branded day in the world dedicated to wellness.

Global Wellness Day is an international day that is celebrated on the second Saturday of June every year as a public event which turns everyone's shared dream of 'living well' into reality. GWD has no relation to **ANY** institution or **ANY** organization and it is without **ANY** commercial purpose.



Born in Turkey, **Global Wellness Day** achieved a strong international reputation in a short period of time and has become an international social platform which is open to everyone in the world.



A large, dynamic splash of water is centered on the page, split vertically by a magenta bar. The left side of the splash is white, and the right side is magenta. The water is captured in mid-air, with many small droplets and bubbles visible.

GLOBAL WELLNESS DAY 2012-2014

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GLOBAL WELLNESS DAY 2012

Global Wellness Day was celebrated for the first time in Turkey, Sapanca in 2012.



Marc David - Nutritional Psychologist



Murat Tavman - Fitness Expert



GLOBAL WELLNESS DAY 2014



Kristina Vänni, Katherine Yancey, Rona Berg, Kim Marshall



Charlene Florian - Chief Creative Officer

HOLLYWOOD ALSO SAID "YES"

GWD received the support of the many world-famous TV and movie stars at the 2014 Emmy Awards.



Chris Hardwick - Walking Dead



Jessie Tyler Ferguson & Ty Burrell - Modern Family



Joe Morton - Scandal



Jordan Peele - Key & Peele



Jay Pharoah - Saturday Night Live



Josh Charles - The Good Wife



GLOBAL SPA & WELLNESS SUMMIT, MARRAKESH 2014

In the same year, GWD managed to be among the agenda items of the Global Spa & Wellness Summit, which is one of the most prestigious events in the wellness & spa industry.

GWD took part in the 8th Annual Global Spa and Wellness Summit, which was held on September 10-12, 2014 in Marrakesh, Morocco, with the attendance of 400 leading delegates of wellness and spa world and by taking the full support of all 400 delegates.



2015: A MILESTONE YEAR FOR GWD

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In the last three years, world countries have taken great interest in **Global Wellness Day**. While GWD was only celebrated in one spa in 2012, it has turned into an international event that has been celebrated in over **74 countries** in more than **600 locations** in **2015**.



Global Wellness Day 2015's program included exercise, healthy diet, beauty care, yoga and reiki workshops which spanned the whole day. Healthy foods and beverages were served to guests throughout the day. Under the scope of **Global Wellness Day**, several seminars featuring international and local wellness experts were organized.





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GLOBAL WELLNESS SUMMIT MEXICO CITY, 2015.

How Global Wellness Day spread to 7 continents in one year was explained with an impressive presentation at the general session.

460 executive delegates attended the summit, including; Dr. Deepak Chopra, who is listed among the top 100 most effective people of the world with 80 books he wrote and the famous speaker Agapi Stassinopoulos, who is on the best-selling authors' list.





**2016:
GWD
HAS SPREAD
TO 90
COUNTRIES**

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In 2016, GWD has become a global movement that received the support of international governments and celebrated in more than **3000 different locations in 90 countries.**



Global Wellness Day 2016's program included exercise, healthy eating, spiritual learning seminars and social responsibility activities.



PICTURES FROM SOME OF THE COUNTRIES THAT CELEBRATE GWD



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ISPA (INTERNATIONAL SPA ASSOCIATION) CONFERENCE 2016, LAS VEGAS.

The success of the project has increased its international recognition even further in 2016. ISPA has awarded Global Wellness Day with the Innovate Award in Philanthropic Initiatives Category.



GLOBAL WELLNESS SUMMIT TYROL, 2016.

In 2016, Global Wellness Summit has celebrated its 10th year anniversary in Tyrol, Austria. A presentation has been given to 600 leading delegates of the wellness sector regarding how GWD was celebrated throughout the world in 2016.





**2017:
GWD
HAS SPREAD
TO
100
COUNTRIES**

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OUTSTANDING RESULTS GLOBALLY

- **100 countries** celebrating the day
- More than **4000 different locations** worldwide
- **85** GWD Ambassadors, **22** GWD Key Supporters and **3** Advisors in **7** continents
- More than **100 million** global access

ANNOUNCEMENT OF “GWD KIDS PROJECT” AT GLOBAL WELLNESS SUMMIT, FLORIDA 2017



Global Wellness Day Founder, Belgin Aksoy, owner of Turkey's only destination spa and mother of a 19 year-old, announced the GWD Kids project at the Global Wellness Summit in Palm Beach, Florida in October 10, 2017 to 600 leading delegates from 42 countries, with GWD Ambassadors and 40 kids joining her on stage



In consultation with the reputable universities, clinics and international wellness leaders, the curriculum of the project which will be implemented at preschools as 5 minute wellness circle time each morning and at elementary schools as 1 hour wellness class per week, GWD Kids Project will be focusing on three different subjects; **Self-Love**, **Breathing**, **Mindfulness**. Kids will be learning about breathing exercises to improve their health and manage their stress; about mindfulness (from healthy eating to nature walks) to improve their emotional and physical wellbeing; and about self-love to let go of shame, anger, blame and to feel at peace, learning to accept themselves and others.

PICTURES FROM SOME OF THE COUNTRIES THAT CELEBRATE GWD



**2018:
GWD
CONTINUES
TO SPREAD
WELLNESS**



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In 2018, **Global Wellness Day** has been celebrated simultaneously in **130 countries** at **5000 different locations** with various events ranging from the GWD flag reaching the summit of Mt. Everest to the medical care of children at the Thailand and Myanmar border and visiting elderly people's houses in Brazil.

A presentation on how GWD was celebrated around the world in 2018 was given to 2000 business associates at the Tribe Event 2018 organized by [comfort zone] in Parma, Italy.



GLOBAL WELLNESS DAY ON TOP OF MT. EVEREST THE HIGHEST MOUNTAIN IN THE WORLD



GWD Ambassador of Nepal and World Record Holder, Ms. Lhakpa Sherpa

PICTURES FROM SOME OF THE COUNTRIES THAT CELEBRATE GWD



PICTURES FROM SOME OF THE COUNTRIES THAT CELEBRATE GWD



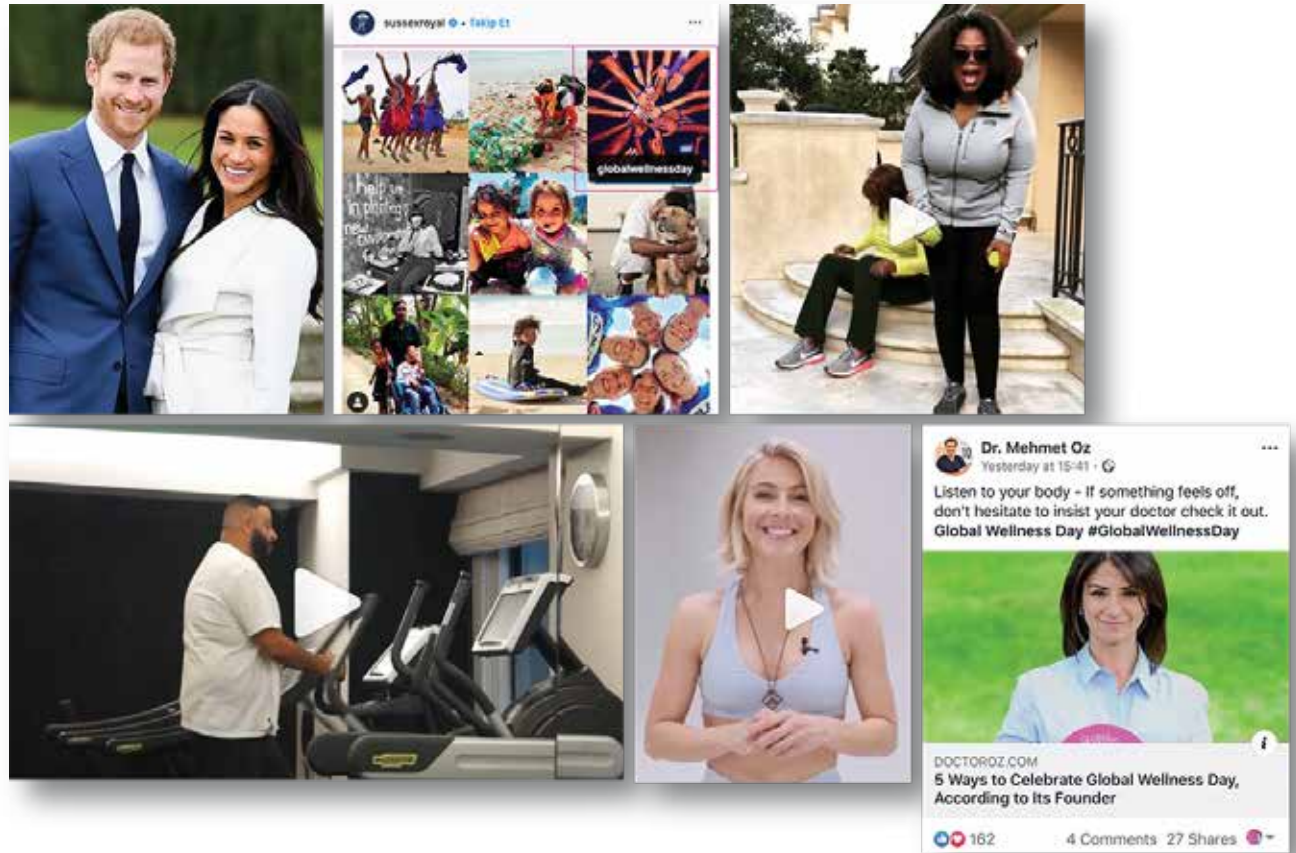


**2019:
GWD
SPREADS
GLOBALLY**

**GLOBAL
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2019 marked the 8th annual **Global Wellness Day** celebrations around the world. Over **150 countries** and more than **7000 locations** celebrated GWD only with complimentary activities, ranging from 45K marathon to zumba, from Tai Chi to the medical aid of children at the Thailand - Myanmar border and from visiting elderly people's houses to yoga classes thought by celebrity yogis organized on the helipad of international hotel chains.

TRH Duke and Duchess of Sussex from the British Royal Family, world-renowned American presenter and producer, **Oprah Winfery**, TV presenter **Gayle King**, Turkish-American Cardiothoracic Surgeon and the host of The Dr.Oz Show, **Dr. Mehmet Oz**, American songwriter and record producer **DJ Khaled** and Emmy Award-winning actresses **Julianne Hough** and **Elizabeth Banks** also gave their support on June 8, 2019.



PICTURES FROM SOME OF THE COUNTRIES THAT CELEBRATE GWD



PICTURES FROM SOME OF THE COUNTRIES THAT CELEBRATE GWD





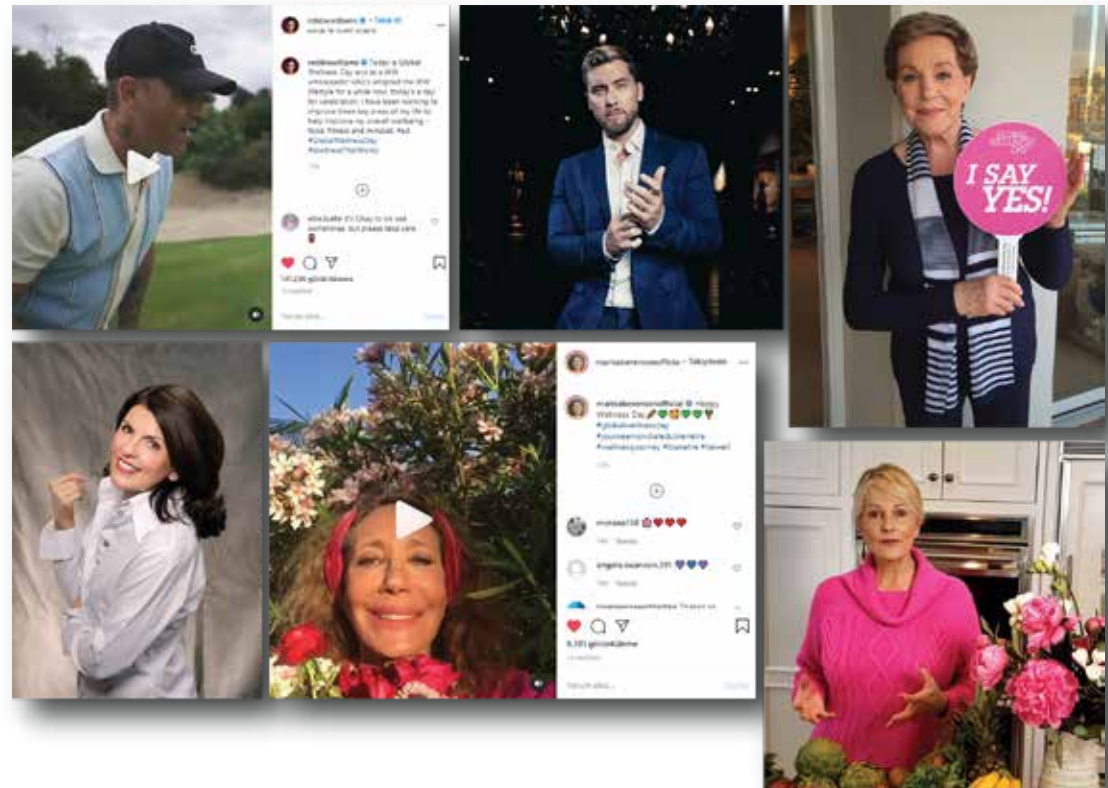
2020: GWD GOES VIRTUAL

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2020 became an unpredictable year with the Covid-19 pandemic. Even though the entire world was facing uncertain times, GWD 2020 celebrations took place virtually with the core belief that the world needs wellness now more than ever.

Global Wellness Day was celebrated globally with a 24-Hour Livestream Celebration, a first of its kind within the global wellness industry. Starting in New Zealand, the livestream ended in Los Angeles, once again drawing attention to the importance of "living well".

World famous English singer-songwriter **Robbie Williams**, award-winning English actress **Dame Julie Andrews**, American actress, model and author **Marisa Berenson**, Host of The Daily PoPcast, member of *NSYNC & NYT best-selling author **Lance Bass**, acclaimed American Astrologist and Founder of AstrologyZone **Susan Miller**, and NYT best-selling author, former model & talk show host **Cristina Ferrare** also gave their support on June 13, 2020.

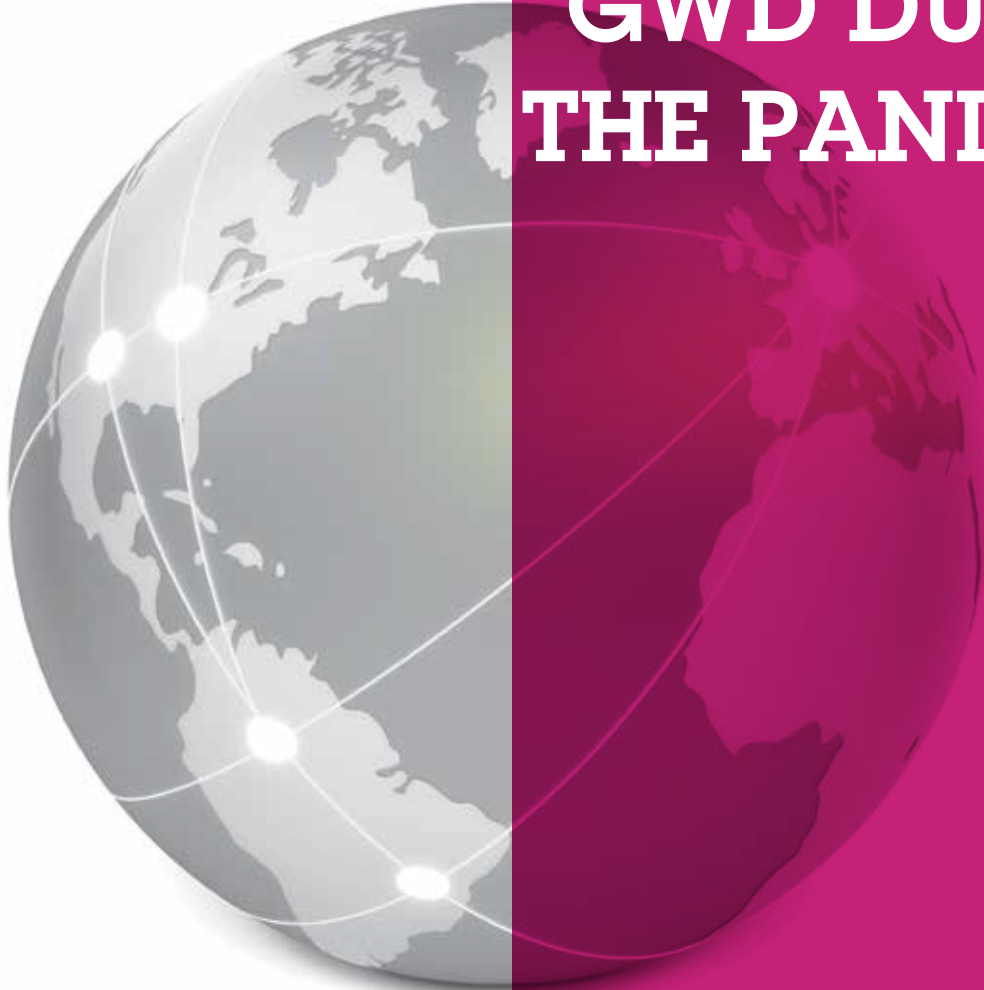


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PICTURES FROM SOME OF THE COUNTRIES THAT CELEBRATE GWD



2021: GWD DURING THE PANDEMIC



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For a decade Global Wellness Day has been reminding people around the world about the value of taking care of their physical, mental and spiritual health with the slogan **"One day can change your whole life"**. The iconic **Kingdom Tower in Riyadh, Saudi Arabia**, the **Clock Tower in Federation City, Argentina**, and the **Monumento Al Sembrador in Villa Elisa, Argentina** lit up magenta in honor of Global Wellness Day!

International actor and screenwriter **Said Taghmaoui**, UK's Youth Mental Health Ambassador **Dr. Alex George**, Humanitarian, Spiritual Leader & an Ambassador of Peace **His Holiness Sri Sri Ravi Shankar**, Award-Winning Cinematographer, Director and Producer **Louie Schwartzberg**, 99-year-old philanthropist, co-Founder of Rancho la Puerta and the "Godmother of Wellness" **Deborah Szekely**, Headmaster of Shaolin Temple Europe **Master Shi Heng-Yi** and many more famous and influential experts gave their support on June 12th 2021.



PICTURES FROM SOME OF THE COUNTRIES THAT CELEBRATE GWD



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**2022:
GWD IN THE
NEW “NORMAL”**

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Over a decade GWD has been inspiring a philosophy and lifestyle that lasts a lifetime, reminding people around the world about the value of taking care of their physical, mental and spiritual health with the slogan **"One day can change your whole life"**.

Celebrated in tens and thousands of locations reaching over half a billion people, many complimentary in-person activities took place with the theme **#ThinkMagenta** - an idea that rises amidst the negativity in the world, a reminder with a positive effect on life.

Apart from in-person celebrations around the globe, world-renowned wellness experts, performers and athletes who joined the GWD 2022: 3-Hour Free Livestream Celebration included plant-based chef **Matthew Kenney**; award-winning director and founder of Moving Art **Louie Schwartzberg**; 100-year-old philanthropist, founder of Rancho la Puerta and the "Godmother of Wellness" **Deborah Szekely**; NYT best-selling author and holistic wellness expert **Kimberly Snyder**; international wellness and yoga consultant **Andrew Sealy** and many more gave their support on June 11, 2022



PICTURES FROM SOME OF THE COUNTRIES THAT CELEBRATE GWD



SUPPORT FROM INTERNATIONAL GOVERNMENTS

- **Prince Harry & Meghan Markle**, former Duke and Duchess of Sussex from the British Royal Family supports Global Wellness Day
- **HRH Prince Radu of Romania** has shared his support for GWD.
- **Thailand** has the support of the Ministry of Tourism, Bangkok Metropolitan Municipality, and the Thai Spa Union.
- **Cyprus** has the support of President Nicos Anastasiades. GWD is also supported by Cyprus Tourism Organization and the Governorates of Limassol, Larnaca, Paphos, Agai Napa and Nicosia.
- **Colombia** has the support of ProColombia – Exports, Tourism, Investment & Country Brand, Trade Institute and Maria Claudia Lacouture, former Minister of Commerce, Industry & Tourism.
- **Turkey** has the support of the Union of Touristic Hotel Management, Business Administrators and Investors, Turkish Heart Foundation, Istanbul Metropolitan Municipality, Municipality of Sapanca and Sakarya Directorate of County Tourism Culture.
- **Canada** has the support of Jack Froese, current Mayor of Langley, British Columbia
- **Aruba** has the support of Aruba Tourism Union to make sure that GWD is celebrated in each spa in Aruba.
- **United States** has the support of Serge Dedina, current Mayor of Imperial Beach, Kathy U. Mulcahy, current Mayor of Orange Village, Ohio, Armond Budish, former Member of the Ohio House of Representatives, Wellness Tourism Association, Chris Sanders, former Mayor of Piermont, New York and Ann Marshall, current Mayor of Catalina Island, California.
- **Maldives** has the support of Ahmed Mahloof, current Minister of Youth, Sports and Community Empowerment.

SUPPORT FROM INTERNATIONAL GOVERNMENTS

- **India's** Ministry of Tourism and Ministry of Health in Maharashtra have given their support to GWD. At the same time, Water Resources Minister of India, Girish Mahaj and Child Welfare Minister of India, Pankaja Gopinath Munde have given their support to GWD.
- **Nigeria** has the support of Laurent Polonceaux, former French Consul General, Nigeria
- **Thailand** has the support of Ministry of Tourism, Bangkok Metropolitan Municipality and The Thai Spa Union.
- **Costa Rica** has the support of San José Municipality, Paula Vargas Ramirez, former Vice Mayor of San José, Mauricio Ventura, former Minister of Tourism, Costa Rica, Costa Rica Tourism Board (ICT), Costa Rica Wellness Tourism Association, Costa Rica National Tourism Chamber (CANATUR) and Ecotourism & Sustainable Tourism National Chamber (CANAECO)
- **Ireland** has the support of Tony McLoughlin, former Minister of Health
- **Serbia** has the support of Milan Stamatović, current Mayor of Čajetina, Milan Vranic, former General Manager of Chamber of Commerce & Industry of Serbia and The Assembly of the City of Belgrade.
- **Mexico** has the support of Luis Alberto Villarreal, former Mayor of San Miguel de Allende, Gustavo Puente Orozco, current Secretary of Economic Development & Tourism, San Luis Potosi and Victor Manuel Baez Ceja, current Mayor of Patzcuaro, Michoacan
- **Brazil** has the support of the Mayor of Gramado, Brilho do Sol Children Association and NGO called Charity Ladies.
- **Argentina** has the support of the Chamber of Deputies in the state of Entre Rios.

GWD ADVISORS, AMBASSADORS AND KEY SUPPORTERS

GWD Advisors, Ambassadors and Key Supporters are the authorities of Global Wellness Day in their countries, they are the individuals who have strong and effective connections in order to spread GWD to different groups of people and institutions across the globe.



A vertical pink bar runs down the center of the page. To the left of the bar, on a white background, are several smooth, grey, rounded stones of varying sizes. One stone is partially covered by a pink flower with green leaves. To the right of the bar, another grey stone is visible on the white background.

GWD 7 STEP MANIFEST

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7 STEP GWD MANIFEST

In order to make Wellness a lifestyle, Global Wellness Day aims to adopt the following seven simple steps. Even if one can't implement all of the steps all at once, what is important is to incorporate at least just few of them into your daily life on a regular basis.

WALK FOR AN HOUR

You feel happier as you walk because the brain secretes endorphin while you are walking. You can keep fit by walking. Your muscles get stronger, you lose belly fat, the level of cholesterol reduces and it helps you overcome your weight problems.

DRINK MORE WATER

People who drink less water might suffer exhaustion, attention deficiency and memory problems. The more water you drink the less carbonated drinks you consume.

DON'T USE PLASTIC BOTTLES

The plastic bottles made of petroleum waste cause innumerable damage to our health and the environment. 78 percent of the samples packaged in plastic bottles had high amounts of chemicals called "endocrine disrupters." At the same time, all plastics may leach chemicals if they're scratched or heated. Research strongly suggests that at certain exposure levels, some of the chemicals in these products, such as bis phenol A (BPA), may cause cancer in people.

EAT HEALTHY FOOD

Try to consume foods which are produced through natural methods by using appropriate fertilization and weed control techniques without using pesticides and certain chemicals.

DO A GOOD DEED

Do a good deed to break your prejudices, to make the world a better place to live. See how you will change your life by changing someone else's.

HAVE A FAMILY DINNER WITH YOUR LOVED ONES

Eat a family dinner with your loved ones in a room where, if possible, there are no smart phones and TV. Talk about your day. Listen to each other's recommendations. Some research shows that having family dinners with loved ones have a psychologically positive effect on children who suffer obesity.

SLEEP AT 10:00 PM

Sleep is a critical process during which our body regulates everything and repairs and heals itself. It slows down aging and protects us from diseases HGH (Human Growth Hormone) is released by the brain into the bloodstream during sleep and it's release is part of the repair and restoration function of sleep. The major period of HGH release is in the first period of stage 3 sleep during the night.

***"One day, can change
your whole life!"***

7 STEP GWD MANIFEST



1

Walk for an hour



2

Drink more water



3

Don't use plastic bottles



4

Eat healthy food



5

Do a good deed



6

Have a family dinner with your loved ones



7

Sleep at 10 pm

PRESS ROOM 2012 - 2022

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&Life Magazine O, The Oprah Magazine
Blue Wings Magazine Akşam Cumartesi Daily Sabah Akşam
Huffingtonpost Buen Viaje BeStyle Magazine
Capital Magazine Alem Wedding Dünya Alerta Bugün
Cabine France Aora Voyages Cumhuriyet Cosmopolitan
Dr.Oz Babillages Carnets De Voyage Beverly Hills Courier
Direto de Fonte Global Traveler USA Emotionspa
DaySpa European Spa Magazine Economia De Hoy
EuroMundo Echo Nature Grazia Maroc RobbReport
Elele People Magazine Hello
Glober Geo Habertürk Cumartesi Brides Diversions GQ Türkiye
El Journal de L'eco Formsante Elele Habertürk
Fashion & Travel Fanatik House Beautiful
Harper's Bazaar Hotelier maldives Harper's Bazaar Wedding
Sabah Insider's Guide to Spas Homeart Hürriyet

Journal de Montreal Klass Magazin Kosmo İstanbul Life Para
Lezzet Milliyet Cadde Ladepeche La Libre Belgique
Spa & Wellness Magazine La Montagne Platin
Los Caminos De Baco La Region La Trubibe InStyle Türkiye
HT Kulüp Men's Fitness Marie France Marrakech Post
Hürriyet Cumartesi La Yoga Style Magazine Wander Sabah
Madame a Marrakech Sözcü Sofra Şamdan Plus Posta
Milliyet Pulse Spa Opportunities Magazine
Professional Spa and Wellness Monaco Chanel MAG Dergi Men's Health
Le Telegramme Time Out İstanbul Spa Business
Star Cumartesi İstanbul & İstanbul Sabah'la Günaydın Shape
Sense of Wellness The Jakarta Post Madame Figaro
Professional Beauty Organic Spa Magazine
Les Nouvelles Esthetiques and Spa Spa Opportunities G spa
The Playa Times

Adana Toros Sante Magazine Caymanian Times Shoreline Area News
Bizim Anadolu L'independant Gazete Aydın Maldive Times
Tourism News D.repubblica.it Türkiye Turizm Bigoody.com
Traveller Magazine Vivre-Essaouira I Love NY Oman Magazine
Vivre-Marrakech hurriyet.com.tr Yoga Journal Women's Health
Vegetarian Society Journal Des Palaces france.fr Vatan Makaron
Le Magazine De La Sante Vogue Türkiye lesmousquetettes.com
World Travel Magazine The Gate **Vanity Fair** WellSpa 360
mariefrance.fr **Vogue** Wellness Travel Journal
hindustantimes.com HuaHin Today Leisure & Travel Vietnam Voila
Fit News milliyet.com.tr
turizmdebusabah.com Ekonomist Magazine Vatan dailysabah.com
Forbes Lifestyle Osoyoos Times Gael uplifers.com
sportsmanagement.co.uk **Travel + Leisure Asia**
MediaCat Marie Claire Türkiye Japan News Evim Dergisi
Communes Touristiques spabusiness.com Borehamwood Times
Travel and Tour World Hotel **Marketing Türkiye Magazine**
Kashmir Harvard Artı Mekan Times of India infoturdominicano.com

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GWD ON TV



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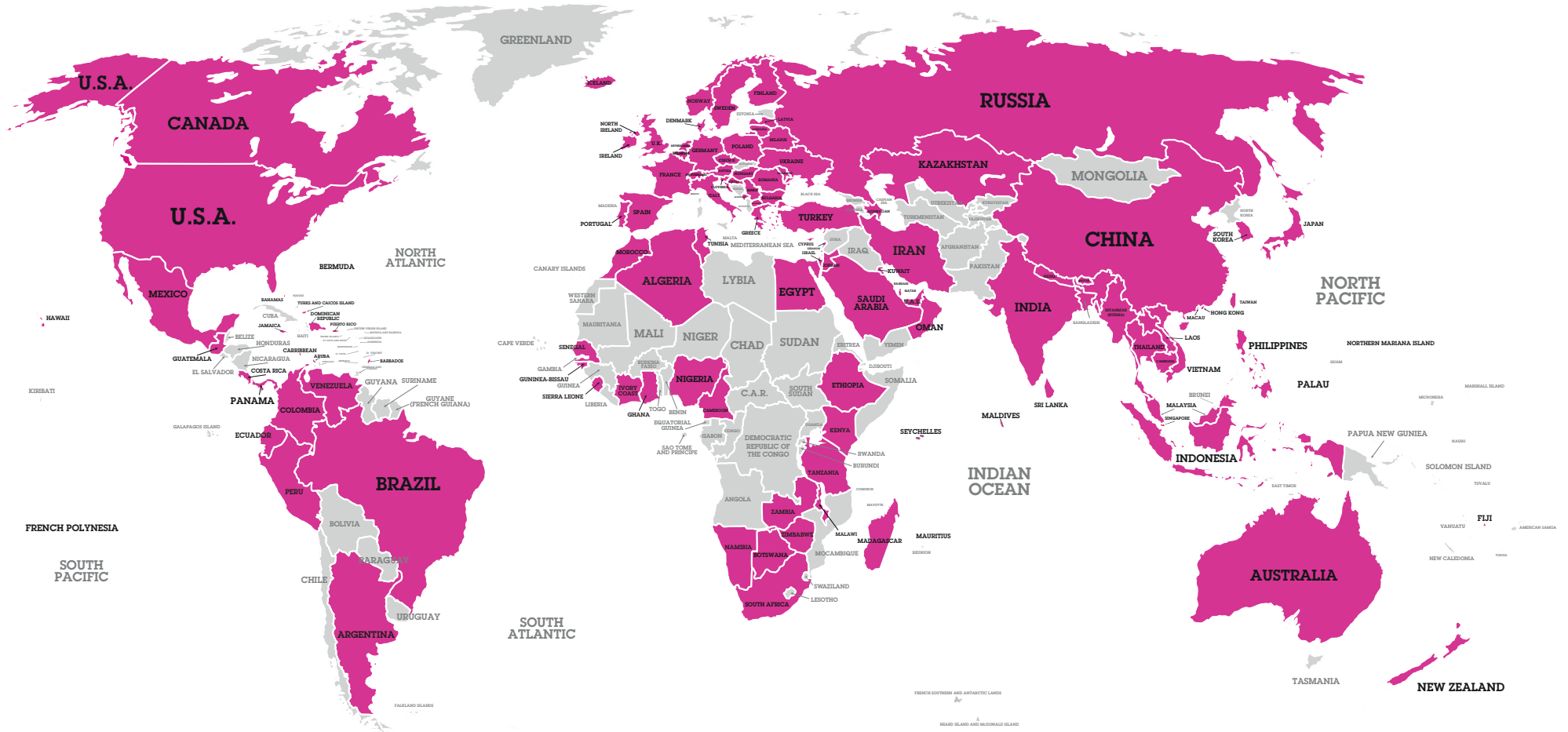
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GWD WORLD MAP



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SOME OF THE INTERNATIONAL SUPPORTERS

Associations, Institutions & Schools



SOME OF THE INTERNATIONAL SUPPORTERS

Spas & Consulting:



SOME OF THE INTERNATIONAL SUPPORTERS

Products & Retail:



SOME OF THE INTERNATIONAL SUPPORTERS

Publications:



SOME OF THE INTERNATIONAL SUPPORTERS

Hotels & Resorts:



GWD has **110 Ambassadors, 28 Key Supporters**
and **3 Advisors.**

GWD is celebrated in over **170 countries** around
the world and in tens and thousands of locations.



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Thank you.

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