

Volunteerism and Partnerships:

The Egoscue Foundation could not sustain programs to improve the health and education of our community without our corporate donors and volunteers. Our partners are passionate about assisting us with our mission. Their generous support of time and resources brings assistance to children, adolescents, adults and seniors throughout the United States.

Events and Activities:

Please check our website to see a list of upcoming activities that will continue to make a positive impact in our community.

The "Patch" could be coming to a school near you! Find out if your school is going to be the recipient of an "O Course" donation.

Visit:

www.egoscuefoundation.org

The Egoscue Foundation is a 501 (c) (3) non-profit organization

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12707 High Bluff Drive, Ste 150
San Diego, CA 92130

T: (858) 755-1075 F: (858) 792-6038

W: www.egoscuefoundation.org

E: jill@egoscuefoundation.org

 **EGOSCUE**
FOUNDATION

"Life Without Limitations"



Founded in 1991, the philanthropic arm of the Egoscue Research Institute positioned its partner, the Egoscue Foundation, to be an effective provider of support to neighbors in need. The Foundation's philosophy is "Life Without Limitations" and the heart of the foundation is to play an essential role in enhancing self confidence at every stage of life; allowing all to recognize and reach their full potential in spite of any barriers or obstacles.



"FITNESS IS FUN...LOOK WHAT I CAN DO ON THE PATCH!"

Patch Project Initiative

According to the National Center for Health Statistics, over the past three decades overweight children in the U.S. tripled among kids ages 6 to 11. Many health problems are associated with children being overweight. Studies have shown that children who are overweight have a greater risk of developing Type 2 diabetes mellitus, asthma, and orthopedic problems and are more likely to be at risk for heart disease.

At a time when the nation is struggling to address an obesity epidemic, some schools are cutting resources for physical education programs or are eliminating them altogether. Phys ed advocates say regular physical activity can boost academic achievement. The Egoscue Foundation hopes to support schools in encouraging physical activity amongst their student population.

Join us in donating the "O Course" to schools. In launching this program we hope to raise awareness in the areas of health and education, emphasizing the importance of physical fitness pertinent to child and youth development. Patch Fitness Equipment in schools encourages the promotion of physical activity that is fun and beneficial, instilling the importance of exercise at an early age.

Donate in honor or memory of a loved one. Adopt-A-School online. Your donation is tax-deductible.

Programs and Services

MISSION: The Egoscue Foundation is dedicated to providing resources necessary to deliver research and education in the fields of physical health, self-care, functional independence, and nutrition.



WHO WE SERVE: The Egoscue Foundation is dedicated to reaching out to children, adolescents, adults and seniors alike.

PAIN FREE RADIO: Tune in on Saturday mornings to hear Pete Egoscue assist listeners in living a life "pain-free." This weekly program is the foundation's way of promoting health education to communities throughout the United States.

PATCH PROJECT INITIATIVE: This nationwide campaign allows us to donate fitness equipment to schools throughout the United States addressing the childhood obesity epidemic. Schools can go to our website to request the donation. Our staff trains educators to use the equipment and is available for follow-up at no cost to the school. Donations for Patch Fitness equipment are raised through grants, private donors and fundraising events.