



3RD ANNUAL EAST AFRICAN PALLIATIVE HEALTH CONGRESS

HELD AT DAR ES SALAAM, TANZANIA
OCTOBER 3-13 2025



EAPCON PRE-CONFERENCE

In preparation for the EAPCON conference, Heal Movement Collective delivered an eight-week Zoom-based training series on polyvagal theory and integrative holistic modalities for pain management and nervous system regulation. The program brought together healthcare workers—including nurses, physiotherapists, physicians, and holistic practitioners—from across East Africa—fostering a collaborative, cross-disciplinary learning environment. Participants were trained in practical, evidence-informed approaches such as auricular acupuncture, bodywork, breathwork, and trauma-informed care, strengthening clinical capacity ahead of in-person engagement. We extend our sincere gratitude to Acupuncturists Without Borders for providing essential educational materials, and special thanks to Dr. Christine Cronin for her guidance and leadership throughout the program and mission, as well as her contributions as a presenter at the EAPCON conference.





EAPCON PRE-CONFERENCE

1. One-One training with Health Care Workers Consisting of Nurses, Physiotherapists and Medical Doctors in Integration of Holistic Practices in Hospitals.
2. Project Demonstration of Holistic Treatments:
 - a. Conducted a project demonstration at Kairuki Hospital.
 - b. Facilitated small-group training sessions with healthcare workers, who shadowed the treatment of selected patients.
 - c. Provided complimentary NADA 5-Needle Protocol (5-NP) treatments to members of the community.



EAPCON 2-DAY PRESENTATION

1. Representatives from East African national, regional, and local hospitals were present, sharing innovations within their institutions as well as the challenges they face.
2. Heal Movement Collective with the help of Acupuncturists without Borders presented evidence-based research on holistic modalities for pain management care. Presentations were prepared on massage therapy, acupuncture, cupping, qigong, and other movement-based practices.



EAPCON 2025 REPRESENTATION

Here was international representation at the EAPCON 2025 conference, united in support of Dr. Manase's vision to expand awareness and access to effective pain management within palliative care. This gathering served as a powerful catalyst for the dissemination of knowledge across East Africa, highlighting practical, affordable approaches to care that can directly impact communities in need. In alignment with this mission, Heal Movement Collective played an active role last year by contributing integrative care practices—including auricular acupuncture, acupressure, reflexology, and neuromuscular therapy rooted in a polyvagal approach—to support patients with non-communicable diseases. Through hands-on collaboration, education, and community engagement, these efforts helped demonstrate accessible, holistic models of care that can be sustainably implemented within local healthcare systems. By bringing together key professional delegates from around the world—each offering years of expertise in their respective fields—the conference laid a strong foundation for continued collaboration, innovation, and sustainable growth in palliative care for years to come.



GRATITUDE

With deep gratitude, I thank every donor who believed in this vision and made Heal Movement Collective's first international mission possible. Through your support, we were able to extend our work beyond the U.S. and contribute to EAPCON 2025—advancing integrative, compassionate care in alignment with a global movement for accessible palliative care. Despite challenges, your belief carried this mission forward. We served 100 patients and trained 35 Health Care Workers in our 10-Day Mission. Imagine the possibilities of what we can do next!

Special thanks to Acupuncturists without Borders, Wintergreen Sports Products, Official Sports Services UK, Becca Terra Jewels, VFW Coronado, Caeden Health, Dr. Gail Reiner, Dr. Christine Cronin, Dr. Christina Barton, Dr. Andrew Keating, Dr. Diane Rattigan, Healing Waves Holistics, and Sage Traditions Acupuncture for your generous support.

This is only the beginning—together, we continue to build a more connected and compassionate world through healing.

With Love and Gratitude,
Apryl Villamil
Founder, Heal Movement Collective

