



CORPORATE WELLNESS & COMMUNITY IMPACT PARTNERSHIP

A COLLABORATION BETWEEN YOUR COMPANY, RISING SPIRIT RETREAT & MANNAHELP

Choosing Rising Spirit Wellness Retreat for your corporate wellness or team initiatives means investing in your employees and your community. Every executive or team experience directly supports MannaHelp, a registered Durham Region charity, serving families across Durham Region—transforming wellness initiatives into measurable community impact.



About Rising Spirit

Nestled on the Ganaraska River in Orono, Rising Spirit Retreat delivers a five-star wellness experience just 25 minutes from Oshawa and an hour east of Toronto—designed to restore energy, spark inspiration, and strengthen team connection.



About MannaHelp

MannaHelp brings dignity, and hope to families across Durham Region providing food, community gardens, and youth programs. Founded in 2020, it serves a growing number of neighbours facing food insecurity right now.



Join us as a founding partner.

Book your discovery call today and help drive this transformative initiative.

Corporate Wellness & Retreat Bookings

Cynthia Banks

Founder, Rising Spirit Retreat

📞 905-260-3777

✉️ cynthia@risingspirit.ca

Community Impact Partner

Beatrice Adesemowo

Founder, MannaHelp

📞 647-669-7053

✉️ badesemowo@mannahelp.com