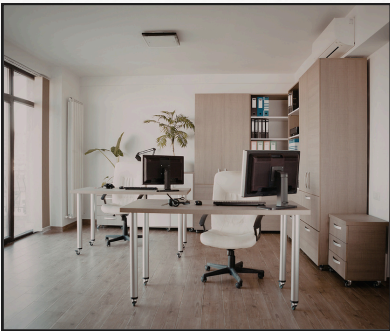


Our wish list highlights essential items and resources that help us deliver impactful wellness programs and services to our community. Through in-kind donations, supporters can directly contribute to improving access to health education, nutrition support, and overall well-being for those we serve. Please coordinate with our Development Team if you are mailing an item. Contact Us at donate@guidingthewise.org and allow 2 business days for a response.



Program Services & Events Supplies

- Printed educational materials (flyers, brochures, workbooks)
- Digital tablets or laptops for virtual sessions
- Workshop supplies (whiteboards, markers, presentation tools)
- Event supplies (tables, tents, chairs)
- Giveaway items (tote bags, wellness kits, water bottles)
- Gift cards for raffles or incentives
- Branded merchandise (shirts, signage)



Office Space

- Office Space for office operations in Hillsborough County, FL
- Storage Space in Hillsborough County, FL
- Access to fitness studios for fitness classes
- Event Spaces for events



Office Supplies

- Office supplies (paper, ink, folders)
- Printing services
- Shipping and packaging materials



Health Support

- Grocery store gift cards for clients in need and cooking classes
- Meal prep containers
- Cooking demo supplies (portable burners, utensils)
- Fitness equipment (resistance bands, yoga mats, dumbbells)
- Self-care kits (journals, candles, stress relief items)
- Wellness planners and trackers
- Fitness trackers or pedometers
- Mindfulness and mental health resources
- At home lipid panel kits

