



A mother discovers #wellness in the Jungfrau Region of Switzerland on the iconic 'Top of Europe'

#Wellness is a core element for any family ski holiday, but especially when one has child who was born with Quadra-Amelia-Syndrome. It is not just about the skiing, but discovering what the mountain environment can offer, so one can recharge the body and find a renewed inner strength with which to retain a positive outlook on life.

This is exactly what a family from Ireland discovered when Ski 2 Freedom Foundation inspired them to come and spend a week in the #jungfrauregion of #switzerland and explore the empowering benefits of the mountains in winter.

Keeping a sense of equilibrium, retaining one's health and a strong inner strength is vital for any mother who is coping with the daily challenges of having a child affected by a severe physical condition and ensuring the well-being of other family members. For one extraordinary mother, whose son was born with Quadra-Amelia-Syndrome, her faith and inner strength was recharged by a family ski holiday in Wengen.

All ski resorts offer something unique but perhaps there is nowhere quite like being on the very top of a mountain - 'The top of Europe' - and seeing an unending horizon of majestic snowy mountains, breathing in the pure air, being at the very source of the rivers that feed our daily lives and feeling a true sense of freedom! Perhaps it was all of these elements which inspired this amazing mother to jump for joy in the face of adversity and surprise us all by doing an Irish Dance on the top of the Jungfrauoch - this has to be a one-off experience!

#wellness comes in many forms, but there is no doubt that the mountains in winter offer something quite unique in helping to create a better sense of #wellbeing..... Laughter, family fun, fresh air, snow, beautiful mountains, wonderful food and places to stay, spending precious time as a family together, new horizons, renewed strength - these are all elements that make up everlasting memories.

We would love your help in providing these inspiring ideas for other families, and especially those who take on so much of the care and assistance needed for young people with a severe medical condition, to feel that sense of wellbeing and freedom we believe the mountains in winter are so unique in giving. Together, with your [donation](#), we can ensure access this ultimate #wellness environment!

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