

ADULT *Wellbeing Programs*



"Allow nature's peace to flow into you as sunshine
flows into trees" John Muir

Mindful Reflection

- Consciously slowing down and tuning into your senses.
- Nature meditations and metaphors
- Mindful movement / walking

Creative Activities

- Nature arts and crafts, eg. printing, sketching, weaving, papermaking
- Poetry / writing inspired by nature

Social Connection

- Sharing nourishing food and drinks
- Options for solo and group time
- Sharing experiences with like-minded people

- Facilitated by an Occupational Therapist and Social Worker
- We tailor our nature-based Wellbeing programs to meet the needs of participants.
- Come to our beautiful garden space in Waterfall Gully or we can bring our program to a nature space near you.
- Affordable pricing

ENQUIRE NOW

- Vic 0491 039 792
- www.goodnaturedconnections.com.au

