

## Accessible Nature Wellbeing Programs

### Promoting Health through Nature Connection



#### Do you Find Being in Nature Enjoyable and Calming?

Please join us for these free, fun, and relaxing nature-based mindfulness programs.

- Engage in practices designed to calm the mind, nurture the body and foster resiliency
- Learn about the science of nature mindfulness practices showing physical, emotional, cognitive, spiritual, and creative health benefits
- Accessible peer-support program inclusive of people living with disabilities, chronic illness or limitations associated with aging
- Participate in your own way: indoors/outdoors, zoom camera on/off, share as much or as little as you like
- Everyone is welcome! The majority of spaces for this 2.5 hour program will be reserved for people with disabilities who live in the southern BC mainland region.

**NEW OPPORTUNITY:** For an honorarium, please consider completing before and after surveys. Contact [Mahnoor](#) by 2 pm on May 19th to sign up for this. **Thank you!**

#### Registration is Required and Space is Limited

All sessions will run: **1:30 pm to 4:00 pm (Pacific Time)**

Click on the following links to register: **May 29th, 2022** [ANWP #3](#)     **July 24th, 2022** [ANWP #4](#)

**For more information, please contact us at:** [anwp@ecowisdom.ca](mailto:anwp@ecowisdom.ca)

These Accessible Nature Wellness Programs  
are supported by the Government of Canada's Healthy Communities Initiative