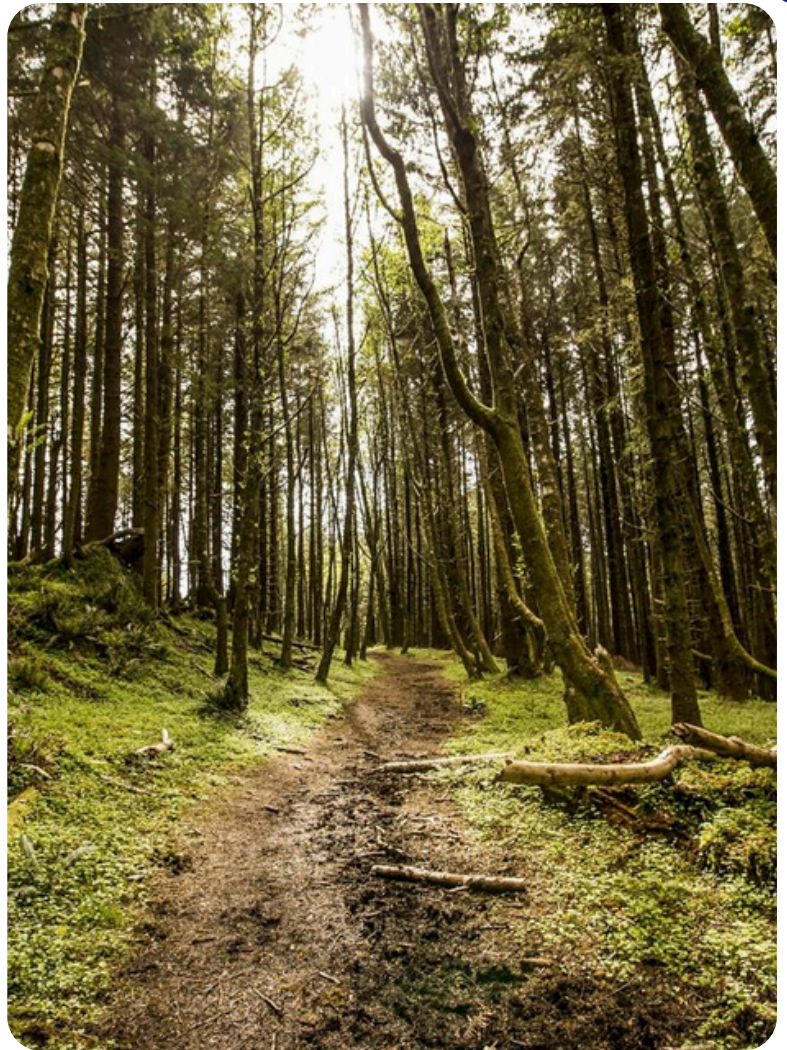




Men's Wellness

Join us for a Glady & Co for our Men's Wellness Program. Surrounded by the serene beauty of nature, you'll engage in activities that promote physical, mental, and emotional well-being, all while building meaningful connections with like-minded individuals.

- Recharge with Nature Immersion
- Practice Yoga and Qigong
- Build Connections with Like-Minded Men
- Break Barriers Around Men's Mental Health
- Participate in Wellness Workshops



For more information, visit our events tab on our website:
www.gladyandco.com.au,
call 1300 866 474
or email:
inspire@gladyandco.com.au

