



# Glady and Co INSPIRE Wellness Program

16TH - 19TH OF MAY 2025

Join us for a transformative wellness program with Glady and Co. Whether you're experienced in wellness practices or just starting your journey, there's something for everyone. Reconnect with yourself, strengthen your well-being, and nurture personal growth in a peaceful, supportive environment. Engage in activities focused on inner health and relaxation, tailored to your needs. This program focusses on harnessing new skills that can be used in day to day life.

- Reconnect with nature
- Nourishing group meals
- Wellness workshops



- Emotional & physical education
- Inclusive, supportive community
- Community connection

For more information, visit our events tab on our website: [www.gladyandco.com.au](http://www.gladyandco.com.au), call 1300 866 474, or email: [inspire@gladyandco.com.au](mailto:inspire@gladyandco.com.au)