

GLADY & CO. WELLNESS IN ABBOTSFORD

2ND AUGUST



Join us for a transformative wellness experience with Gladly & Co. Whether you're just beginning your wellness journey or looking to deepen your existing practices, this program offers something for everyone.

Reconnect with yourself, strengthen your overall wellbeing, and nurture personal growth in a peaceful, inclusive environment.

With a focus on inner health, mindfulness, and community, each activity is designed to support your needs and empower you with skills for everyday life. Experience a blend of relaxation, connection, and gentle learning in a space where you're supported every step of the way.



- Practical wellness tools
- Creative & reflective practices
- Restorative workshops
- Connection with community
- Nature-based mindfulness
- Nourishing group meals