



Glady and Co.

Wellness Day Program



20th September 2025

Join us for a wellness-focused Inspire Program with Glady and Co, designed to support your self-care, personal growth, and everyday wellbeing. Set in a peaceful and inclusive environment, this program offers the space to slow down, reconnect with yourself, and build practical skills to support your mental, emotional, and physical health. Through tailored activities like breathwork, nature walks, creative expression, and mindful goal-setting, participants can strengthen self-awareness, emotional regulation, and resilience. You'll also develop everyday skills such as building healthy routines, practicing independence and self-care, navigating social settings, and growing confidence within a group. This program encourages meaningful connection, personal reflection, and progress towards your NDIS-related goals, all at your own pace and in a supportive community.

- 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, call 1300 866 474, or email: inspire@gladyandco.com.au

