

# GLADY AND CO INSPIRE MORNINGTON WELLNESS PROGRAM

12<sup>TH</sup> - 15<sup>TH</sup> FEBRUARY

## **Your goals. Your pace. Your Inspire experience.**

Join us for a calming, participant-led wellness program designed to support your NDIS goals in a beautiful coastal setting. This experience is all about you—building confidence, emotional wellbeing, and independence through mindful, restorative activities.

### **Program Highlights**

- Guided mindfulness sessions
- Journalling and creative reflection
- Gentle yoga and stretching
- Meditation and breathing techniques
- Wellness-focused workshops
- Coastal walks and relaxation time

### **Skills You'll Build**

- Emotional regulation and coping strategies
- Improved social and communication skills
- Health and wellness management
- Increased independence in self-care
- Creative expression and confidence building
- Stress reduction and relaxation techniques

### **Why Join?**

Discover Mornington's serene coastal environment while focusing on your wellbeing. Connect with peers, learn practical strategies for emotional regulation, and enjoy activities that promote calm and confidence. Every moment is designed to align with your goals while creating meaningful, restorative experiences in a supportive setting.