



Glady and Co Inspire Wellness Program

9TH - 12TH
APRIL

Your Goals. Your Mindset. Your Inspire Experience.

Join us for a calming, Inspire group program designed to support your NDIS goals in a peaceful, restorative environment. This experience is centered around you building confidence, emotional wellbeing, and independence through mindful, grounding activities, with flexibility and choice in how you participate.

Program Highlights

- Guided mindfulness sessions
- Journalling and creative reflection
- Gentle yoga and stretching
- Meditation and breathing techniques
- Wellness-focused workshops
- Relaxation time and gentle walks in the local surroundings

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?

Immerse yourself in a supportive environment designed to help you focus on wellbeing. Connect with peers, learn practical strategies for emotional regulation, and take part in activities that promote calm, clarity, and confidence. Every moment is shaped to support your goals while providing a meaningful, restorative experience.



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

