



# Glady and Co Inspire Wellness Abbotsford

30th  
May

## Your Goals. Your Wellbeing. Your Inspire Experience.

Join us for a Wellness Day Program in Abbotsford, designed to support your NDIS goals through self-care, connection, and everyday wellbeing. This program offers a supportive space to slow down, reconnect with yourself, and build practical skills that support mental, emotional, and physical wellbeing — at your own pace.

### Program Highlights

- Reconnect with nature in local outdoor spaces
- Participate in gentle wellbeing and mindfulness activities
- Enjoy nourishing shared meals
- Take part in creative and reflective activities
- Engage in guided group discussions
- Build connection in a calm, supportive setting

### Skills You'll Build

- Emotional regulation and self-awareness
- Confidence and independence in daily routines
- Social and communication skills
- Mindful goal-setting and reflection
- Resilience and stress-management strategies
- Confidence participating in group environments

### Why Join?

This Wellness Day Program supports wellbeing while building practical everyday skills. Through guided activities, time in nature, and meaningful connection, participants can develop healthy routines, strengthen independence, and work towards NDIS-related goals in a safe and supportive environment.



For more information, visit our inspire programs 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)

