



Nourishing Nature



FREE 6-WEEK VIRTUAL PROGRAM FOR OLDER ADULTS

**Immerse yourself in nearby nature,
starting from home.**

Our six-week online program, especially designed for older adults to take advantage of the health benefits of nature, is back this summer! Try your hand at **gentle green exercise, seasonal eating and growing, birdwatching, nature journaling, and forest bathing.** Get inspired to make 2024 a summer filled with nature and wellness.

Enjoy sharing your experiences in a friendly and supportive online group environment. Nature enthusiasts and gardeners are encouraged to take part, but no experience is required to learn with us. Opportunities for all physical abilities to connect with nature.

WHEN:

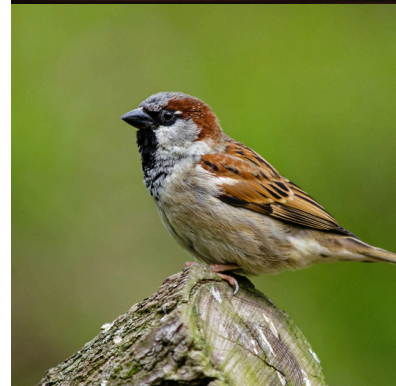
Wednesdays from June 5 to July 10
1:30PM-2:30PM



Participate via Zoom (telephone option available)

REGISTRATION:

Contact Jamie, Manager Community Development and HEARTS
jlai@esssupportservices.ca
416-243-0127 ext. 262
www.esssupportservices.ca



United Way
Greater Toronto

Nourishing Nature

FREE

VIRTUAL 6-WEEK PROGRAM FOR OLDER ADULTS

Learn to Connect with Nature for Wellness

You won't need to visit any particular outdoor setting or purchase any supplies, but you'll reap all the benefits. Nature enthusiasts and gardeners are encouraged to take part, but no experience is required to learn with us. We'll have opportunities for all physical abilities to connect with nature. See our weekly nature practices below:

June 5: Gentle Movement in Nature

June 12: How Nature Makes You Happy

June 19: Sensory Nature Journaling

June 26: Seasonal Eating and Local Growing

July 3: Bird-Noticing and Deep Listening

July 10: Forest Bathing (Shinrin-Yoku)

MEET YOUR HOST:

Emma Rooney, Certified Forest Therapy Guide and Horticultural Therapy Practitioner



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