



# Wellness Wednesday

**Inhale peace, exhale happiness.**

Enjoy a variety of mind and wellness activities structured to inspire healthy values in a fun, calming, and happy environment.


## Activity features

- Art and craft activities
- Sensory water play and swimming during summer
- Easy, friendly yoga
- Outings and day trips (nature walks and animal encounters)
- Peaceful planters (outing to the nursery for plant your own activities)
- Monthly themed outdoor adventures for wellness and grounding with BBQ / picnic lunches

**Start your adventure**

 [focal.org.au/groups](https://focal.org.au/groups)



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## What you need to know

### Where

Meet at Mt Ommaney Hub ✓  
1/76 Endeavour St, Mt Ommaney

### When

Every Wednesday ✓  
9am - 2pm

### Ages

17+ ✓

### Activity Fees

\$35 per session ✓  
Includes lunch  
*Refer to activity planner.*

### Support Ratio

Group support 1:2 or 1:3 ✓  
Individual support 1:1