



Healthy Body
Healthy Mind



A journey of movement, exploration, and discovery

Here, we believe in nurturing both physical and mental well-being through engaging activities designed to promote self-awareness and skill-building. Guided and supported by our team, participants embark on a variety of adventures aimed at enhancing overall health and wellness while enjoying the community around them.

So, what's on the agenda? From calming meditation sessions to fun-filled nature walks, self-care practices, mindfulness activities, and learning effective ways to manage emotions – all while having a blast! our program also includes

Where

Are-able Social Enterprises
11 Albert St, Warrnambool

Who

Anyone who wants to better their overall wellbeing in a supportive environment.

exhilarating excursions to mini golf courses, bowling alleys, tennis courts, and beyond.

NDIS Funding

Funding for this enriching experience is available through the NDIS 'Social and Community Participation' funding. So, let's get together and make some time for self-care.

To find out more



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are-able
Social Enterprises and
Community Activities

