



Nature-Based Wellness Groups For Therapists, Healers, & Helpers



Katie Reed, LPC

Present Wellness Counseling, LLC

PresentWellnessCounseling@gmail.com

205-642-8386

Nature-Based Wellness Groups
Blue Ridge Nature Trail, Bluff Park, AL
Fridays @ 12pm starting October 14th

Come experience the power of nature in promoting mental wellness and preventing burnout and compassion fatigue. Each group will incorporate the principles of Mindful Appreciation, Meaningful Connection, and Mutual Relationships in the context of the simple beauty of the Blue Ridge Nature Trail. Wellness groups are 1 hour and open with no long-term commitments. Therapists, healers, and helpers from all types of professions are welcome. Cost is \$40/session or \$120/4 sessions, and are held rain or shine.

**To register, or for more information, visit
PresentWellnessCounseling.com**