

FINDING JOY, SELF-WORTH, CONFIDENCE



SESSIONS ARE OFFERED IN OUR RESIDENTIAL FACILITY, THE ZATZMAN SPORTSPLEX, NEIGHBOURHOOD PARKS, SURROUNDING TRAILS & BEACHES

Sessions are available to our residential facility clients and community clients.

WE WELCOME VOLUNTEERS WILLING TO SHARE THEIR PASSION AND KNOW-HOW IN THE REALM OF WELLNESS



what is offered:

running
walking
gardening
yoga
meditation
herbs as medicine
cooking
nutrition



contact

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