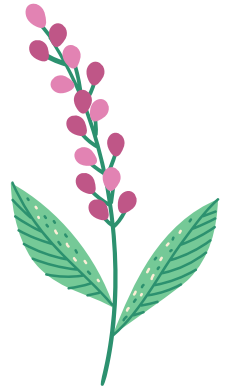


# Wellbeing In Nature & Community (WINC)

*Supporting mental health & wellbeing through nature-based programs.*



Wellbeing in Nature & Community (WINC) Project works to increase connection and engagement with outdoor spaces to build and support mental health and wellbeing for all people.



## Upcoming Free Offerings

### **Wellbeing In Nature & Community (WINC) Lake Walks and Activities, registration not required**

Friday, September 8th 1-3pm - meet at Lake Lodge

Saturday, September 9th -10am-12pm - meet at Lake Lodge

Monday, September 18th - 4-6pm- meet at Lake Lodge

### **Wellbeing In Nature & Community (WINC) Nature Strolls, please register!**

Monday, September 11th- Flyway Trail 10-11:15 am (park and meet in Latsch Beach parking lot)

Friday, Oct 6th - Prairie Island Loop 10-11:15 am (meet in the parking lot of the former "Deer Park")

### **WINC Retreat, For ages 16 years+, please register!**

Sunday, Oct 1st - Holzinger Lodge - 1-4pm (meet at the lodge, 925 W Lake Blvd, Winona)



*The WINC Project is made possible by generous funding from the Winona Community Foundation.*

Scan the QR Code or visit the website to learn more and register for the WINC events  
[www.dharmariver.org](http://www.dharmariver.org)  
#WINC2023

