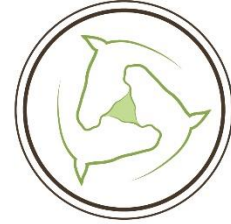


FarmWELL

A Farm-Based Wellness Program for Adults
In Partnership with Kennebunk Parks & Recreation



CARLISLE ACADEMY
at Spring Creek Farm

Program Details:

- FarmWELL is an inclusive experiential learning program for adults.
- Participants engage in learning modules that follow the seasonal rhythms of nature and the farm environment including:
 - Animal Interactions
 - Horse Grooming
 - Horticulture, including accessible raised bed herb and flower gardens
 - Bee Keeping
 - Soil Science & Sustainable Agriculture
 - Gentle Nature Walks
 - Guided relaxation/Meditation

Tuesdays 2:00-4:00pm, 2022

6-Week Spring Session: May 17th – June 21st

6-Week Fall Session: Sept 13th – Oct 18th

Done in Partnership with Kennebunk Parks & Recreation.

Registration and fees are direct to them.

Grant funding is available for Veterans to attend free of charge.

**FMI: Contact Lucas Skoglund at 207-604-1313;
lskoglund@kennebunkmaine.us**

About FarmWELL

Stewarding animals, farm, and nature

FarmWELL is a program designed for adults to soak in the healing farm environment and participate in wellness activities appropriate for their interests and abilities. Relaxing in the sun beside the horse paddocks, watching the antics of spring lambs, or grooming a horse provide a sense of connection and renewal. These activities paired with the sights and smells of the farm engage all of the senses while offering opportunities for social interaction and gentle physical exercise. The benefits are far-reaching, such as improved circulation, mobility, positive feelings and awareness of our interconnectedness with the natural world.

The program is taught by credentialed Carlisle staff and master gardeners.