

FarmWELL

A Farm-Based Wellness Program for Older Adults



Program Details:

FarmWELL is an experiential farm program for older adults aged 50+.

Participants engage in learning modules that follow the seasonal rhythms of nature and the farm environment.

Every 2nd and 4th Thursday

1:00-2:30pm

June 9th – October 27th, 2022

Activities include:

- June 9 & 23: Animal Interactions/Horse Husbandry
- July 14 & 28: Horticulture, including accessible raised bed herb and flower gardens
- Aug 11 & 18: Bee Keeping
- Sept 8 & 22: Soil Science & Sustainable Agriculture
- Oct 13 & 27: Gentle Nature Walks

*This program is grant funded,
and an individual copay of \$15 per person is due per visit.
Limited to 10 participants per visit.*

FMI & Registration, Contact: Alissa Luckey
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About FarmWELL

Stewarding animals, farm, and nature

FarmWELL is a program designed for older 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 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.



CARLISLE ACADEMY
at Spring Creek Farm