

# FarmWELL

A Farm-Based Wellness Program for Adults with Special Needs



## *Program Details:*

FarmWELL is an inclusive farm-based wellness program designed for adults with special needs to connect with our animals and the natural farm environment for an interactive, rejuvenating experience shared with peers.

We can accommodate up to 6-10 participants at a time for for 1.25 hours. Participants engage in learning modules that follow the seasonal rhythms of nature and the farm environment.

## **Activities include:**

- Animal Interactions/Horse Husbandry
- Horticulture, including accessible raised bed herb and flower gardens
- Bee Keeping
- Soil Science & Sustainable Agriculture
- Gentle Nature Walks

*The price per session is \$300. We can schedule multiple sessions throughout the year. We prefer to work with agencies to design a full group for multiple weeks. This program is subsidized by Friends of Carlisle Academy.*

**FMI: Contact our Director of Community Programs and Partnerships, Daisy Harrington at [daisy@carlisleacademy.com](mailto:daisy@carlisleacademy.com)**

## **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