

FarmWELL

A Farm-Based Wellness Program for Adults with and without Special Needs



Program Details

FarmWELL is an inclusive farm-based wellness program designed for adults with and without 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 1.25 hours on Tuesdays. Participants engage in learning modules that follow the seasonal rhythms of nature and the farm environment.

Activities include:

- Animal interactions/horse grooming
- Horticulture, including accessible raised bed herb and flower gardens
- Soil science & sustainable agriculture
- Gentle nature walks as appropriate

The price per group 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 Community Program Coordinator
Katrina Vallario, OTR/L at Katrina@carlisleacademymaine.com

www.carlisleacademymaine.com

65 Drown Lane • Lyman, Maine 04002 • Phone: 207-985-0374 • Fax: 207-985-7937 • info@carlisleacademymaine.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 occupational therapists.



CARLISLE ACADEMY
at Spring Creek Farm