

# Health Perceptions, LLC

## Programming Options

### Adult Classes:

- **Self, Health and the Nature Connection**

*Includes:*

- *Presentation: 45 minutes*
- *Light Nature Hike when possible*
- *Interactive/ Individual follow- up activity*
- *Handouts*
- *Promotional take-away item*

### Nature Series:

- **Stress Management Series- 6 Sessions** (May be taken individually)

*Each session includes same structure as above*

- *Nature Nuggets- Resilience, Restoration and Adaptability*
- *Dimensions of Health- Natures Prescription*
- *Expressive Arts – Nature’s Impression*
- *PECSS Method- Daily Balance Checklist*
- *Aromatherapy- Nature’s Healing Touch*

- **Natural Expressions- Art in Nature**

- *Painting*
- *Collage*
- *Clay*
- *Totem*
- *Mural*
- *Photography*

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#### Workshops:

##### **2 Hours**

- *Nature's Flavors- Herbs, Nuts, Syrups and Fruits*
- *Nature Made- Essential Oils –Trees, Leaves, Bark and Flowers*
- *Nature Nuggets- Resilience, Restoration and Adaptability*
- *Natural Healing Spaces- Creating a Nature Nook*

#### Retreats

##### **Stress Management Retreat- 4 Hours**

- *Educational Presentation- Risk Factors, Prevention*
- *Coping Techniques*
- *Outdoor Activity*
- *Meal*
- *Expressive Art Activity*
- *Resilience Activity*
- *Handouts*
- *Promotional Item*

##### **Grief Support Coaching**

- *Nature Nurturing*
- *Nature Connection*
- *Nature's Lessons in Grieving*
- *Nature's Resilience as a Model for Peace*

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#### **Nature's Amazing Lessons- Monthly Book Club**

- Book Review Discussion
- Nature connection presentation related to book of the month.
- Activity to enhance nature concepts from book.
- Introductory presentation to next month's book.

#### **Photography -Life Through Nature's Lens**

##### **Enhance Focus, Creativity, Mindfulness, Cognition**

- Topic Presentation (Examples: Resilience in Action, Perseverance, Nature's Light)
- Topic Inspired Nature Walk
- Photography Inspired Activity
- Handouts