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## AGENDA

- 9:00 Welcome! Grab your yoga mat and find a comfortable spot on the Great Lawn
- 9:15 Introductions: Charlotte Behavioral Health Care and Peace River Botanical & Sculpture Gardens
- 9:30 30-minute yoga session
- 10:00 Introduction of interactive mental health stations
- 10:15 Walk around & enjoy the mental health stations
- 11:00 Event ends / Docent tour of Gardens begins for those interested (1 hour)

## EXPLORE THESE INTERACTIVE WELLNESS STATIONS

-  **Journaling & Reflection Station**  
*Write, release, and renew*
-  **Mental Health Resource Table**  
*Access mental health resources*
-  **Art & Creativity Corner**  
*Express yourself through art*
-  **Stress Less Table**  
*Learn techniques to reduce stress*
-  **Sensory & Grounding Station**  
*Connect with nature & find balance*
-  **Garden Therapy**  
*Immerse yourself in nature's healing energy*
-  **Music & Sound Therapy**  
*Soothe your mind through sound*
-  **Hydration & Healthy Snacks**  
*Refresh your body*
-  **Positive Affirmation & Mirror Talk**  
*Speak confidence into yourself*
-  **Sensory Garden**  
*Located at the entrance to the Gardens*
-  **C.A.R.E. - Affirmation Rocks**  
*Create personalized affirmation rocks*
-  **NAMI - Healthy Snacks**  
*Snack keeping your health in mind*
-  **Drug Free Punta Gorda - Stress Ball**  
*A tactile distraction that promotes relaxation*
-  **Twin River Pathways - Mindfulness**  
*Be fully present and aware in the moment*
-  **Valerie's House - Positive Affirmation**  
*Enjoy positive affirmation activities*
-  **Virginia B. Andes Mobile Clinic**  
*Overall health and wellness*
-  **Today Matters! MHM - Affirmations**  
*Stop by to pick up an affirmation card*
-  **CCPS Social Workers - Grounding**  
*Also has a Cope Notes subscription giveaway!*