

The Benefits of Nature in Winter



GUELPH
ENABLING
GARDEN

The Guelph Enabling Garden (GEG), located in Riverside Park, is a multi-use garden designed for everyone! It is specifically designed to enable people to enjoy the full range of benefits that gardening can provide.

Heidi Torreiter is a Horticultural Therapist at GEG. She works with people to connect them to nature for greater well-being.

Have you ever felt refreshed after you've spent time outside? Studies are now proving that being in nature can improve mood and focus, lower stress, heart rates, and anxiety - even in winter when it's cold, the days are shorter and nature seems to be asleep. There are many ways get the benefits of nature in winter. We'll discuss and experience them with Heidi during this online session.

Friday, January 27
1:00pm - 2:00pm

[Click date to register.](#)

For more information contact:

Yasmin at 519-836-2222, ext. 230
or yholoubi@is-gw.ca

Join us!

Funded by:

Financé par :



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

IMMIGRANT SERVICES 
Guelph-Wellington

www.is-gw.ca

104 Dawson Road, Unit 102, Guelph, ON N1H 1A6
T: 519-836-2222 F: 519-837-2884 **Bus route #11**