

Stroll for Well-Being



FREE Offering for First Responders and Health Care Providers in our Community

Morikami Museum & Japanese Gardens' Stroll for Well Being Program would like to do our part in providing free wellness opportunities for first responders and health care providers in our community by reserving half the spaces in all upcoming sessions for the complimentary therapeutic walking program.

First Responders/HCPs do not need a letter of recommendation/referral, simply provide a picture of your work ID/business card.

The benefits of therapeutic garden walks:

- Reduced feelings of sadness, hopelessness, fear and loneliness
- Greater feelings of acceptance, optimism and joy

Participants will receive:*

- A year-long "dual" level membership upon completion (see application for details)
 - Guided journal
 - "Socially Distant" guided orientation in the garden (masks required)
 - 3 online group meetings with facilitator (computer/phone + internet required to participate).
- Participants are encouraged to walk the gardens on their own time during museum hours.

The Stroll for Well-Being 2020-2021 Program is sponsored in part by the Cornelia T. Bailey Foundation.

For more info and to download an application please visit
www.morikami.org/astellas or contact the Project Coordinator at
MorikamiStroll@pbcgov.org or 561-501-1048.