

Wellbeing In Nature & Community (WINC)

Supporting mental health & wellbeing through nature-based programs.



Wellbeing in Nature & Community (WINC) Project works to increase connection and engagement with outdoor spaces to build and support mental health and wellbeing for all people.



Upcoming Free Offerings

Wellbeing In Nature & Community (WINC) Lake Walks and Activities, registration not required

Friday, September 8th 1-3pm - meet at Lake Lodge

Saturday, September 9th -10am-12pm - meet at Lake Lodge

Monday, September 18th - 4-6pm- meet at Lake Lodge

Wellbeing In Nature & Community (WINC) Nature Strolls, please register!

Monday, September 11th- Flyway Trail 10-11:15 am (park and meet in Latsch Beach parking lot)

Friday, Oct 6th - Prairie Island Loop 10-11:15 am (meet in the parking lot of the former "Deer Park")

WINC Retreat, For ages 16 years+, please register!

Sunday, Oct 1st - Holzinger Lodge - 1-4pm (meet at the lodge, 925 W Lake Blvd, Winona)



DHARMA RIVER
A Community of The Zen Garland Order

The WINC Project is made possible by generous funding from the Winona Community Foundation.

Scan the QR Code or visit the website to learn more and register for the WINC events
www.dharmariver.org
#WINC2023

