

# Nature Nurture Retreats



## Deepening Your Relationship with Nature for Health and Happiness

**Saturdays, 1—4 pm: Sept. 30, Oct. 21, Nov. 18**

The Women's Initiative invites you to join us for an afternoon outside at Wildrock to learn how to use nature support to deepen your self-care and to promote stress reduction.

Wildrock is a nature park and barn center tucked away in the Blue Ridge foothills 40 minutes from Charlottesville. Transportation provided. Meet at The Women's Initiative's main office, 1101 East High St., at 12:45 pm. Sessions are standalone—come to one or more than one! Space is limited. To register, call (434) 872-0047 or email [info@thewomensinitiative.org](mailto:info@thewomensinitiative.org).

