

UNIQUE GROUP THERAPY OPPORTUNITY!

Spring 2025

MOVING NATURALLY THROUGH CHALLENGES

Provides practical tools and strategies for managing anxiety, with a focus on engaging in nature-based physical activity for mental health benefits. This group has been developed in partnership with researchers from the K-State Kinesiology department.

- This group meets in person for 8 weeks starting in February 2025.
- Each weekly session will last 1.5 hours and will include discussions, activities, and outdoor physical activity.
- Activities will be suitable for all experience and fitness levels and will emphasize mindfulness and connection with peers and with nature.
- There is no cost to participate in the group.
- You will receive an activity tracker, yoga mat, resistance band, and water bottle.



To learn more about this group and whether it's a good fit for you, please email Karan Bhatia at kbhatia@ksu.edu.

LAFENE CAPS

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