

A photograph of several stems of baby's breath flowers (Gypsophila paniculata) with small white blossoms and green buds. The background is a light gradient. A white rectangular box is overlaid on the left side of the image, containing the text.

# WELLNESS COLLECTIVE

Workshop Catalog  
Summer/Fall 2023



*We Are on A Mission*

pushing back stigma around

mental health and aging across the community.

Mobilizing the power of therapeutic activities which engages, empowers,  
and cultivates well being.

Our products and services strive to provide a burst of energy through  
education for Activity Professionals, health care service providers and  
care partners in the community.

Nancy, promotes the benefits of purpose, exploration and play, elements of, human wellness. A graduate of Wesley College and Gwynedd Mercy University with emphasis in Gerontology, designs, and delivers products and speaks nationally.

Released her second sensory activity engagement workbook,

*That Makes Sense!*

*Sensory Ideas to Refresh Life in 2021.*

Is a Past President for the Pennsylvania Activity Professional Association, volunteers on the Education Council for the National Association of Activity Professionals (NAAP), is nationally NCCAP certified and mentors' others to secure certification. Nancy continues to serve adults in an acute, co-occurring program in suburban Philadelphia.

Raised in a multi-generational household, Nancy, taps into that rich experience, creating meaningful moments,

cultivating engagement.

**Meet Your Host:** Nancy Richards, ADC,EDU,MC  
Founder, CEO and Possibility Leader of  
Activity Pathways, LLC



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# WELLNESS COLLECTIVE: SUMMER/FALL WORKSHOPS



Friday June 2 7-8 pm/est	Soundscapes!
Thursday July 27 7-9:30 pm/est	Mid Summer Virtual Retreat
Friday August 4, 2023 7-8 pm/est	Pathways to Calm
Thursday August 24, 2023 4-5 pm/ est	Play Matters!
Friday September 8,2023 7-8 pm/est	Within Reach: Smart Phone Photography for Wellness
Thursday September 28,2023 4-5:30 pm/est	That Makes Sense Intensive

# Soundscapes



**HOSTED BY: NANCY RICHARDS**

**EQUIP. ENGAGE. EMPOWER.**



**FRIDAY JUNE 2, 2023  
7-8 PM/EST**

**\* CERTIFICATE FOR 1 CE \***

Sounds of the city, wide open spaces in the country, mountains or beach offer us opportunities to explore and expand our sensory awareness. We can use these experiences as meditative pathways. Discover fun facts about how our ears work and the impact of sound on our level of agitation or tranquility. Session shares several practical projects for sound exploration and tips to support resident wellness programs and yourself.

**\*Live workshop offers 1 hour continuing education certificate & handout\***



# Mid Summer Virtual Retreat

Thursday July 27, 2023

7-9:30 pm/est

\* 2.5 hr. CE certificate\*

# Pathways to Calm

Friday August 4, 2023  
7-8 pm/est

Our, AMAZING bodies house a nervous system which has its own unique way of perceiving, sensing, and navigating sensory life experiences. Sometimes our sensory system gets overwhelmed, and we feel at dis-ease.

Through playful exploration this workshop offers unique ways to tap into our body wisdom.

WE can elevate ourselves for better grounding or, when feeling disconnected, bring our bodies back to center, a place of balance.

\*Live workshop offers 1 hour continuing education certificate & handout\*



# PLAY Matters!

THURSDAY AUGUST 24, 2023  
4-5 PM/ EST

Specific, intentional movement, physical or cognitive, can heal, maintain or strengthen.

Cognitive games (just a short list) stimulate the brain, mobilize problem solving, reasoning, humor, social manners and affirm individuals or aid in community cohesion.

Play releases stress and often is the gateway to creativity.

Explore the power of play, ways to adapt activities, strengthen communication, how it impacts work culture and engagement in your community.

\*Certificate for 1 CE\*





Friday September 8, 2023

7-8 pm/est

# *Within Reach:*

Smartphone Photography  
for Wellness



EXPLORE AN INTRODUCTION TO THERAPEUTIC PHOTOGRAPHY OR A PRACTICE AND SET OF TECHNIQUES TO USE IN YOUR OWN AS A WAY OF EXPRESSION.

PHOTOGRAPHY REQUIRES YOU TO BE PRESENT AND CAN EASILY BECOMES A MINDFULNESS PRACTICE SUPPORTING MENTAL WELLNESS.

WORKSHOP USES A SENSES PERSPECTIVE, A SCATTERING OF PHOTO TIPS TO ENHANCE THE EXPERIENCE AND SUGGESTED PRACTICES FOR YOURSELF OR FOLKS YOU SERVE.

CERTIFICATE FOR 1 CE

# THAT MAKES SENSE INTENSIVE!

Sensory Ideas to Refresh Life

Thursday September 28, 2023  
4-5:30 pm/est

We each possess deep, rich inner “worlds.” Tapping into that strength can empower us to weather the storms of life. Workshop will ignite your curiosity by exploring sensory pathways that support up during times of stress or lethargy.

Come explore each of the five senses as they are defined, supported by multiple sensory activities, precautions to consider and cool resource sheet.

**Sensory IDEAS** to refresh life supports you as well as provides a pathway for 1:1 sessions or small groups. The goal is to empower individuals to master self-regulating or coping skills.

\*Certificate for 1.5 CE\*

