

2025 Mini Classes & Workshop Series





Our Mission

Is to push back stigma around mental illness and aging across the community by promoting the benefits of purpose, exploration and play, elements of human wellness.



Our field-tested activity IDEAS, products and trainings
empower health care professionals, family and friends
to explore individualized activity approaches to support people and cultivate wellbeing.

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.

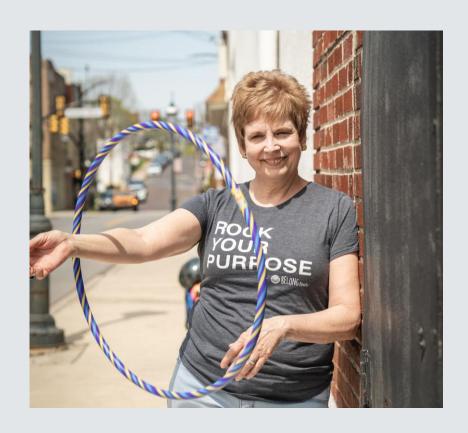
Is a Past President for the Pennsylvania Activity Professional Association, volunteers on the Education Council for the National Association of Activity Professionals (NAAP), is nationally NCCAP certified and mentors' others to secure certification.

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 Founder, CEO and Possibility Leader of Activity Pathways, LLC



215.872.1657 Ambler, PA 19002 www.activitypathways.com

WELLNESS COLLECTIVE:

WINTER/SPRING 2025 WORKSHOPS



WEDNESDAY FEBRUARY 5, 2025 12-1 PM/EST	Within Reach: Smartphone Photography for Wellness
SATURDAY FEBRUARY 15, 2025 12-3 PM/EST OR 4-7 PM/EST	Fill Up Your Cup Virtual Retreat
WEDNESDAY FEBRUARY 26, 2025 12-1 PM/EST	Restorative Power: Unplugging & Slowing Down
WEDNESDAY MARCH 12, 2025 12-1 PM/EST	Naturally13 Ways to Ease Tension in the Body
WEDNESDAY MARCH 26, 2025 11:30 am-1 pm/est	Optimize Your Sensory Toolkit

WELLNESS COLLECTIVE:

WINTER/SPRING 2025 WORKSHOPS



WEDNESDAY APRIL 2, 2025 11:30 AM-1 PM/EST	At the Intersection of Nature & Poetry
WEDNESDAY APRIL 16, 2025 12-1 PM/EST	Soundscapes
WEDNESDAY MAY 14, 2025 12-1 PM/EST	Body Awareness
WEDNESDAY MAY 28, 2025 12-1 PM	Pathways to Calm
JUNE 2025	Summer Solstice Virtual Retreat

Summer/Fall catalog released mid May



Retreat concepts:

+ WINTERING, SIMPLICITY & THE POWER OF PAUSE

Experiential Activities:

+ GENTLE SEATED STRETCH AND BREATH WORK FOR LETTING GO, FEATURED WINTER POETRY, A WARM MEDITATION.

Demonstration & Creative Projects: AIR DRY CLAY PROJECT, SHORT WRITINGS

EXPLORE, RELEASE AND RESET YOURSELF DURING THIS WINTER SEASON.

Come, fill up your cup!

CERTIFICATE OF ATTENDANCE

Wednesday February 5, 2025 12-1 pm/est

Within Reach:

Smartphone
Photography for
Wellness

An introduction for using photography in a therapeutic way. This may just become a new practice for personal expression.

Certificate for 1 CE



Restorative Power:

Unplugging & Slowing Down

When we keep on going without a restful break emotions, can be suppressed, physically bodies become a big ball of tension and eventually everything leaks out drawing attention for the need to stop, unplug and rest.

Explores resetting habits, creating self care routines the benefits of quiet and silence sprinkled with a few sleep strategies.

Live workshop offers 1 hour continuing education certificate & handout



Wednesday February 26, 2025 12-1 pm/est





Optimize Your Sensory Toolkit Wednesday March 26. 2025 11:30 am - 1 pm/est

We will review our personal sensory profile and consider how to enhance our preferences for additional sensory support, explore different types of grounding, practical storage options, and resources.

End goal: create a grab and go sensory toolkit

Live workshop offers 1.5 hour continuing education certificate & handout



At the Intersection of Nature & Poetry

Nature heals, soothes, connects, and restores calling us to receive these good "gifts".

Come explore color and light, texture, and patterns in nature and reconnect as we become "keen observers" of the earth, as poet Mary Oliver said.

Session shares field tested practical nature and poetry projects for exploration and tips to support wellness for residents and yourself.

Live workshop offers 1.5 hour continuing education certificate & handout

Wednesday April 2, 2025 11:30 am – 1 pm/est





Soundscapes

WEDNESDAY APRIL 16, 2025 12-1PM/EST



HOSTED BY: NANCY RICHARDS

EQUIP. ENGAGE, EMPOWER.





Sounds of the city, wide open spaces in the country, mountains or beach experiences can be transformed into as meditative pathways.

Discover fun facts about how our ears work and the impact of sound on our level of agitation or tranquility.

Research based facts and suggested projects to support resident wellness programs and yourself.

Live workshop offers 1 hour continuing education certificate & handout

Much can be revealed when we listen to the language of our bodies..

Deane Juhan said

"Movement is the unifying bond between the mind and the body and the sensations are the substance of that bond."

Tune into your body through experiential art, breath, and self massage activities greeting the body wisdom that is released.

Wednesday May 14, 2025 12-1 pm/est



Pathways to Calm

Wednesday May 28, 2025 12-1 pm/est

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.

Live workshop offers 1 hour continuing education certificate & handout



Mid Summer Virtual Retreat

June 2025

3 hr. CE certificate



THAT MAKES SENSE INTENSIVE!

Sensory Ideas to Refresh Life

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 2 CE





REGISTER AT OUR STORE

