

# Wellness Collective



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](http://www.activitypathways.com)

# WELLNESS COLLECTIVE:

## WINTER/SPRING 2025 WORKSHOPS



WEDNESDAY FEBRUARY 5, 2025 12-1 PM / EST	<i>Within Reach: Smartphone Photography for Wellness</i>
SATURDAY FEBRUARY 15, 2025 12-3 PM / EST OR 4-7 PM / EST	<i>Fill Up Your Cup Virtual Retreat</i>
WEDNESDAY FEBRUARY 26, 2025 12-1 PM / EST	<i>Restorative Power: UNPLUGGING &amp; SLOWING DOWN</i>
WEDNESDAY MARCH 12, 2025 12-1 PM / EST	<i>Naturally....13 Ways to Ease Tension in the Body</i>
WEDNESDAY MARCH 26, 2025 11:30 AM - 1 PM / EST	<i>Optimize Your Sensory Toolkit</i>



# WELLNESS COLLECTIVE:

## WINTER/SPRING 2025 WORKSHOPS



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

Summer/Fall catalog  
released mid May

# Fill UP Your Cup Virtual Winter Retreat



HOSTED BY: NANCY RICHARDS

SATURDAY FEBRUARY 15, 2025

REGISTRATION OPENS 1/27/25

EXPLORE  
RELEASE  
&  
RESET



## 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:*

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## **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





**Wednesday March 12, 2025**  
**12-1 pm/est**

Lalah Delia says “  
“Self-care is how you take your power back.”  
Come and strengthen YOU through 13 tips to  
naturally ease stress and tension.

\* 1 hour CE certificate\*

# Naturally...

Natural Ways  
to Soften  
Tension in the  
Body





# 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





# Soundscaapes



HOSTED BY: **NANCY RICHARDS**

EQUIP. ENGAGE. EMPOWER.



WEDNESDAY APRIL 16, 2025  
12-1PM/EST

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



Body  
Awareness =  
Body Power





# 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

Cultivating Wellness

