

Seasons of Wellbeing on the Prairie Retreats

The spring retreat is almost here

Saturday, May 13th!

If you have been looking for an opportunity to **connect to nature and make time for yourself** – this is the experience that will provide it – and so much more. All just a short drive from Des Moines!

Learn **tools and strategies to reduce stress, increase a healthy balance and live from a place of mindfulness** all while connecting to the amazing prairie at the Neal Smith National Wildlife Refuge.

There will be **four day retreats offered** that align with the seasons on the prairie. You are welcome to **attend and enjoy one, two, three or all four day retreats**. You decide what feels right and fits into your schedule.

All retreats are from 10:00am – 3:00pm. The dates and themes are:

Spring: Saturday, May 13, 2017

“The Gifts of Wellbeing”

Summer: Saturday, July 8, 2017

“The Nature Connection of Wellbeing”

Fall: Saturday, October 7, 2017

“The Mindfulness of Wellbeing”

Winter: Saturday, February 10, 2018

“The Balance of Wellbeing”

Whether you sign up for the **year-long experience or a day retreat** – all options will **include monthly e-updates** with additional information, tools, resources and what is happening at Neal Smith NWR.

Registration options include individual retreats or the full year.

For more information; go to Heartland Wellbeing Institute at <http://www.heartlandwellbeinginstitute.org>

The Heartland Wellbeing Institute is working with staff and the Friends of Neal Smith National Wildlife Refuge to develop this new opportunity.

Heartland Wellbeing Institute™

Create, Educate, Connect

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