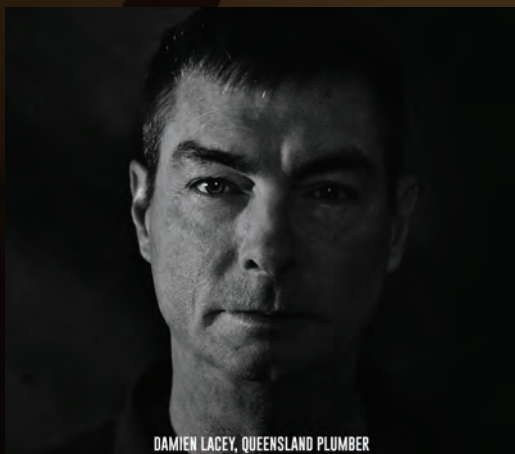




REECE DAY PROGRAM

RESILIENCE VIA EARTH
4HR MENTAL & PHYSICAL
WELLNESS PROGRAM



DAMIEN LACEY, QUEENSLAND PLUMBER

TREK2HEALTH AMBASSADOR QUEENSLAND PLUMBLING INDUSTRY



TREK²
HEALTH
RESILIENCE VIA EARTH

WWW.TREK2HEALTH.ORG.AU

INSIGHT TO RESILIENCE VIA EARTH 4 HOURS MENTAL AND PHYSICAL WELLNESS PROGRAM

INTRODUCTION

Trek2Health is a non-for-profit organization, based in Brisbane, with headquarters at the edge of the Brisbane Forest Park, created to support people to improve their physical and mental health and well-being.

PROGRAM OUTLINE - TUESDAY AFTERNOON/EVENINGS

15TH AUGUST 2023 | 19TH SEPTEMBER 2023 | 17TH OCTOBER 2023 | 14TH NOVEMBER 2023

Time	Location	Activity description
1630	Car park	Arrival at The Gap
1645	Trek House	Welcome and registration
1700	Trek House	Brief introduction of speakers; who are the Trek2Health team members Presentation of 4 relevant themes: 1. Reducing chronic stress 2. Nutrition for well-being 3. Behaviour change 4. Gratitude and empathy
1810	Trek House	light snacks and juices
1830	Starting point of trekking circuits	Physical activity for approx. 90 min – a taste of mindful trekking around the Enoggera reservoir: 2 subgroups of different intensity levels – head torches provided
1930	Trek House	BBQ Dinner
2000	Trek House	Conclusion speech/ future options - Questions & answers

PROGRAM OUTLINE - SUNDAY MORNINGS

10TH SEPTEMBER 2023 | 15TH OCTOBER 2023 | 12TH NOVEMBER 2023 | 26TH NOVEMBER 2023

Time	Location	Activity description
0830	Car park	Arrival at The Gap
0845	Trek House	Welcome and registration
0900	Trek House	Brief introduction of speakers; who are the Trek2Health team members Presentation of 4 relevant themes: 1. Reducing chronic stress 2. Nutrition for well-being 3. Behaviour change 4. Gratitude and empathy
1010	Trek House	Morning Tea
1030	Starting point of trekking circuits	Physical activity for approx. 90 min – a taste of mindful trekking around the Enoggera reservoir: 2 subgroups of different intensity levels
1200	Trek House	BBQ Lunch
1250	Trek House	Conclusion speech/ future options - Questions & answers

PREPARATION FOR THE PROGRAM

WHAT TO BRING?

- Comfortable closed shoes appropriate for trekking
- Activity suitable clothes for trekking plus one change of clothes for eventual rain
- Small backpack
- Any prescription medication for known condition (e.g.: asthma)

WHAT IS PROVIDED?

- Water bottles
- Snacks, fruit, fruit juice, muesli bars, muffins prior to walk
- BBQ : Burgers/Sausages/Fruit/Water and Juice (vegetarian option notice in advance)





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HEALTH
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COMPLIMENTARY
6-WEEK MENTAL AND PHYSICAL
WELLNESS PROGRAMS

2023 APPLICATIONS ARE NOW AVAILABLE
APPLY NOW BEFORE PROGRAMS ARE FULL
VISIT WWW.TREK2HEALTH.ORG.AU

FOR A PERSONAL DIRECT OVERVIEW OF OUR PROGRAMS
PLEASE CONTACT CEO BRUCE BARKER
EMAIL CEO@TREK2HEALTH.ORG.AU OR PHONE 0401 713 039

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RESILIENCE VIA EARTH PROGRAM

PROGRAM



RESILIENCE THROUGH
A PHYSICAL CHALLENGE
IN A NATURAL
ENVIRONMENT.



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RESILIENCE VIA EARTH

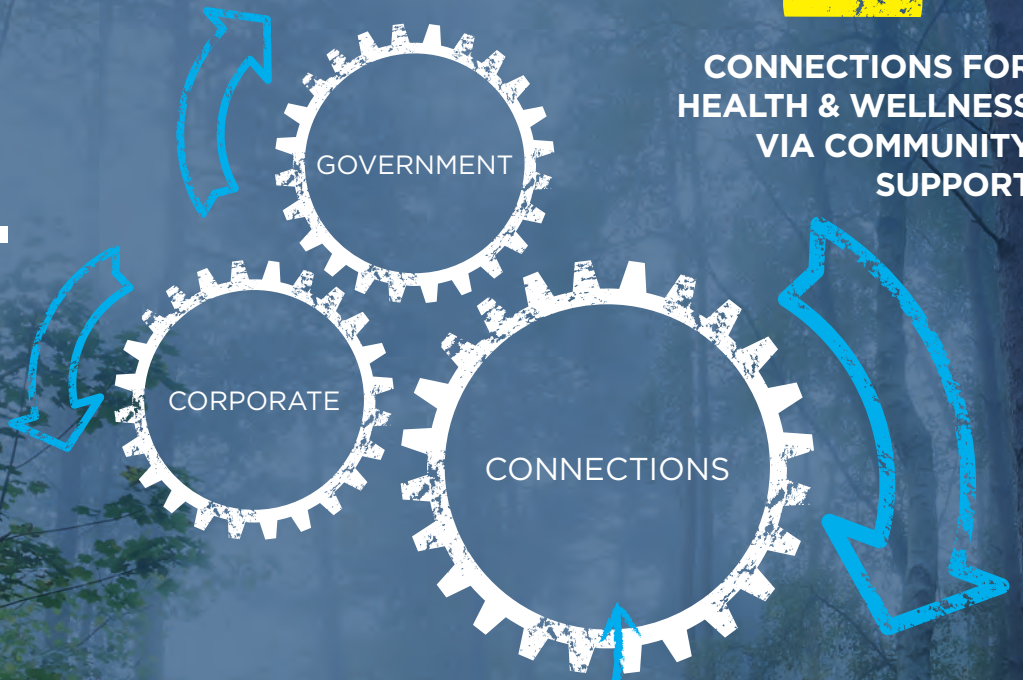
NOT-FOR-PROFIT MENTAL HEALTH

We are a non for profit that builds connections between people and community

Develops mental resilience, physical fitness and community support for frontline emergency workers through a group physical challenge in a natural environment.



CONNECTIONS FOR
HEALTH & WELLNESS
VIA COMMUNITY
SUPPORT





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