



FAMILY WELLBEING FESTIVAL 2024



**JOIN US FOR A DAY OF FUN,
NATURE AND FAMILY TIME**

**SUN 16TH JUNE
RIVINGTON**

COME AND BE PART OF THE ULTIMATE FAMILY WELLBEING EXPERIENCE

Our objective for this not-for-profit family event is to educate, inspire & motivate parents and their children to embrace nature and engage in activities as a family.

Fun, Activities, Food, Family Challenges for all ages will be over 8 wellbeing zones spread over the area of Rivington, Lancashire.





WHAT'S GOING ON AT THE ULTIMATE FAMILY WELLBEING EXPERIENCE!

Join us at the Ultimate Family Wellbeing Festival in Rivington and embark on a journey where every step brings you closer to adventure, wellness, and unforgettable moments with your loved ones.

HOLISTIC HEALTH ZONE

- JOURNE OF THE 7 CHAKRAS
- MINDFUL GUIDED WALKS
- FOREST BATHING
- MEDITATION
- FAMILY DISCUSSION GROUPS



AQUA ACTIVITIES

- FISHING COACHING SESSIONS
- PADDLE BOARDING
- CANOEING
- KAYAKING
- ICE BATHS



ACTIVITY ZONE

- TREE TOP ADVENTURE
- AXE THROWING
- ADVENTURE WALKING
- MOUNTAIN BIKING
- WONDER WALL
- HOPPER FOOTBALL
- TUG OF WAR FAMILY VS FAMILY
- FAMILY TYRE FLIPPIN RACE
- SELF-GUIDED WALKING TRAIL
- HISTORY TOURS



KNOWLEDGE COLLEGE

- POSITIVE VS FIXED MINDSET
- SELF CONFIDENCE
- SELF-LOVE
- FINANCIAL WELLBEING
- MOTIVATION
- NEURO DIVERSITY



NATURES NIVANA

- BREATHWORK
- YOGA
- TAI CHI
- SOUND BATHS
- EFT
- DANCE THERAPY
- DRUMMING GROUP
- MEDITATION



COMMUNITY COMPASS ZONE

- CHARITY CHALLENGE
- SOCIAL PRESCRIBING TO LOCAL SERVICES
- COMMUNITY PROJECTS
- VOLUNTEERING BASE

providing information about midweek and weekend conservation volunteering opportunities within the gardens



CREATIVE ZONE

- BUSH CRAFTS
- MESSY PLAY
- MUSIC AND MOVEMENT
- FOREST SCHOOL
- BIOBLITZ
- STORYTIME ADVENTURES



NUTRITION ZONE

- CHILL OUT CAFÉ
- NUTRITIONAL ADVICE
- GUIDED FORAGING WALKS
- OUTSIDE COOKING DEMONSTRATIONS
- HEALTH FOOD TASTE TESTING
- COMMUNITY FOOD GROWING



VETERANS RETREAT

- FAMILY SUPPORT
- EDUCATIONAL TALKS
- LIFESTYLE SKILLS
- FAMILY TRANSITIONING



FOOD HAVEN

- FRESH NUTRITIOUS PRODUCTS
- WHOLESOME FOOD
- COOKING DEMONSTRATIONS



IN PARTNERSHIP WITH