



GREEN REFERRALS – JANE’S STORY

“Connecting with nature improves both physical and mental health”



“What a great program—I love it!”- Jane 2013

Jane has been a hugely enthusiastic participant in the Corio Green Referrals program, attending weekly in all weather conditions. When asked about who encouraged her to participate, she mentioned that her counselor at Barwon Medicare Local thought this program would be ideal for her. Jane suffers from depression and post-traumatic stress disorder and found herself socially isolated within her community. She had reservations about attending her first session and felt concerned that she may be judged by others. Those worries failed to materialize. Jane was challenged by a number of activities but found boxing to be one of the most enjoyable sessions. The yoga session provided a sense of calming for Jane and surprisingly felt just as challenging as the more vigorous sessions.

At the end of the eight week course Jane expressed her sadness that there was going to be a break as The Green Referrals program had encouraged her to get out of the house and exercise.

“I have really enjoyed the company of the other participants and being outside in the fresh air.”

Jane had never taken part in anything like the Green Referrals Program and she is now exercising at home every day. Jane even completed the 2013 6km Run Geelong charity event, which she never thought she could! Jane feels much more connected and has enjoyed the social interaction on a weekly basis.

To find out more and to **register** please contact:

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