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HEADLINE ELEMENTS:

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1 Turning Point, BEBC launch innovative nature-based
2 wellness program

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5 TEXT BODY:

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6 Turning Point of Windham County (TPWC) is launching a
7 yearlong, nature-based wellness program pilot in partnership
8 with the Windham Foundation and the Bonnyvale Environmental
9 Education Center (BEEC).

10 This innovative initiative is designed to support
11 individuals in recovery by integrating outdoor learning,
environmental education, and wellness practices.

12 Beginning in February, participants will take part in
13 monthly two-hour guided workshop sessions on BEEC's campus.
14 Each session combines hands-on outdoor skills or nature walks
15 with opportunities for personal growth and peer recovery
16 support. Activities such as fire building, plant identification, and
17 trail stewardship will help participants cultivate resilience,
18 strengthen community connections, and develop healthy lifestyle
19 habits grounded in nature.

20 "Recovery is made possible when people are able to
21 reconnect with the world and people around them. We are so
22 excited to be able to offer our community this opportunity to
23 build that connection, as well as develop practical skills of self-
24 reliance in such a profoundly beautiful setting," said Turning
25 Point Director Elias Burgess in a news release.

26 BEEC educators and TPWC peer recovery coaches will
27 co-lead the sessions, ensuring that programming is both
28 educational and connected in peer recovery. By moving recovery
29 support into outdoor settings, the pilot aims to broaden access to
30 wellness practices that promote long-term stability and healing.

31 "Bonnyvale is honored to host this pilot," said BEEC
32 Executive Director Michelle Simpson. "The land has incredible
33 healing properties and our staff have witnessed the power that
34 nature connection has on recovery of all kinds, whether it is
35 physical, spiritual, or psychological. Partnering with TPWC with
36 their unique expertise, allows us to better meet the needs of our
37 community and promote resiliency and connection."

38 Sign-up with Turning Point by contacting the center at
39 802-257-5600 or admin@turningpointwc.org.

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BIO/COATTAIL:

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LAST ISSUE IN WHICH THIS FILE CAN BE RUN:

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LINKS:

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VIDEO:

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LOGLINE (SOCIAL MEDIA):

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