

Relaxation training for participants Day Care Center for the Elderly

The next participants of our Project had the opportunity to participate in relaxation training in Zagrodowa Osada in Uściąż. This time it was a group of seniors from the Day Care Home for the Elderly.

Despite the frosty aura, the magic of the place warmed everyone up and made them feel special. Interesting workshops, a walk in beautiful natural surroundings, contact with animals, a bonfire and delicious refreshments made it an extraordinary time.

Thank you all very much for participating in the training. We hope that this day will remain in the memory of seniors for a long time