



# Bloom into Wellness



**Saturday, May 16, 2026**  
**9am - 11am**

5800 Riverside Dr, Punta Gorda

**Join us at Peace River Botanical & Sculpture Gardens for a peaceful morning of self-care, relaxation, and renewal.**

This FREE event focused on mental health awareness is designed to nourish your mental, emotional, and physical well-being through yoga, interactive wellness stations, creative expression, and grounding experiences in nature.

**FREE YOGA MATS FOR THE FIRST 100 GUESTS!**

*No outside food or drinks | No smoking (including vapes) | No pets (except registered service animals).  
Upon arrival, let the gate attendant know you are attending the event for free entry into the Gardens.*

## Explore the following Wellness Stations

### **Journaling & Reflection Station**

*Write, release, and renew*

### **Art & Creativity Corner**

*Express yourself through art*

### **Sensory & Grounding Station**

*Connect with nature & find balance*

### **Music & Sound Therapy**

*Soothe your mind through sound*

### **Positive Affirmation & Mirror Talk**

*Speak confidence into yourself*

### **Mental Health Resource Table**

*Access community resources*



**Enjoy a FREE  
yoga session  
and sound bath  
experience!**

### **Stress Less Table**

*Learn techniques to reduce stress*

### **Garden Therapy**

*Immerse yourself in nature's healing energy*

### **Hydration & Healthy Snacks**

*Refresh your body*