



PLANE WELLNESS

IMPROVING MENTAL WELLNESS
THROUGH WOODWORKING



**VIRTUAL AND IN-PERSON
WOODWORKING COURSES**

PLANE WELLNESS

WHO WE ARE

WE ARE A 501(C)(3)
NONPROFIT AND OUR
MISSION IS TO IMPROVE
MENTAL WELLNESS
THROUGH WOODWORKING.

WHAT WE DO

WE OFFER
WOODWORKING COURSES.
THESE COURSES CAN BE
FREE TO ADULTS WITH A
DIAGNOSIS OR
DISABILITY, INCLUDING
VETERANS WITH A
DISABILITY RATING.

WEBSITE



WWW.PLANEWELLNESS.ORG
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