



# WHAT IS PLANE WELLNESS?



## OUR MISSION

Is to improve mental wellness through woodworking while encouraging an inclusive community.

## HOW WE DO THIS

We offer woodworking courses which are free to individuals with a mental health diagnosis or physical disability including veterans with a disability rating.



## OUR COURSES

We have a constantly expanding team who teach an average of four courses a year covering a variety of topics. We offer both in-person and virtual courses.

## OUR NEXT STEPS

We plan to have our own facility where we will have a makers space, event center, museum, and host in-person courses with lodging for our students.



## HOW YOU CAN HELP

**Spread the Word:** share our website and social media with your friends, family, and community.

**Donate/Sponsor:** donations go directly to advancing our mission. Whether that is funding our courses, operations, or saving for our own facility, you can have a direct hand in helping others improve their mental wellness through woodworking. Donations are tax deductible.

**Volunteer:** we have various volunteer opportunities from helping at events to moderating courses.

Plane Wellness is a 501(c)(3) nonprofit organization. To view our organizations files or for more information please visit our website or contact us using the information below.