



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 VIRTUAL AND
IN-PERSON
WOODWORKING
COURSES. THESE
COURSES CAN BE FREE
TO ADULTS AND
VETERANS WITH A
DIAGNOSIS OR
DISABILITY.

WEBSITE



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