



OUTDOOR HEALTH FORUM 2025 17-19 OCTOBER

LENNOX HEAD / BUNDJALUNG COUNTRY

Join us for a unique personal and professional development opportunity at the Outdoor Health Forum 2025 'Nurture with Nature' as we ground in a journey of health and wellbeing outdoors. Outdoor Health Australia (OHA) is a not-for-profit organisation and the National body committed to advancing evidence informed nature-based health practices across the country. Don't miss this opportunity to learn, share and gather with like minded people for this annual event.



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This year's Forum takes place on the stunning shores of Lake Ainsworth in Lennox Head NSW, nestled on Bundjalung Country. Surrounded by tea tree fringed waters and moments from the ocean, this serene setting is the perfect backdrop for deep connection, learning, and reflection.

We'll explore diverse practices that shape Outdoor Health in Australia - from Indigenous cultural approaches to experiential and evidence-informed therapies, outdoor programming and experiences.

Our program is grounded in nurturing, embodied, and relational experiences, creating a space that is nourishing for all and providing solid personal and professional development opportunities.

What to Expect:

- Over 40 workshops and presentations designed to support your professional development
- Pre and post Forum workshop opportunities
- Immersive sessions across modalities such as Bush Adventure Therapy, Ecotherapy, Equine Therapy, Green Social Work, Therapeutic Horticulture, and more
- Opportunities to connect with a vibrant community of practitioners, researchers, changemakers, and those interested in the relationship between nature and health
- A strong focus on diversity, equity, and inclusion across all sessions and a welcoming environment for all.

Where: Lake Ainsworth Sport and Recreation Centre, Lennox Head, Bundjalung Country, NSW

When: Friday 17 – Sunday 19 October 2025

Who: Practitioners, researchers, students, and anyone Interested in Outdoor Health



BOOK NOW



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