

# Outdoor Health Forum 2024

*makuminya* Native Track

**Sun 14 - Fri 19 April 2024**  
**Spring Beach Youth Camp**  
**Orford - Lutruwita/Tasmania**

After 2 decades of national community events, Outdoor Health Australia (previously known as AABAT, the Australian Association for Bush Adventure Therapy) is pleased to host our first national Forum under the new name. Outdoor Health Forum 2024 is hosted in partnership with our colleagues Adventure Therapy Aotearoa. The 5-day event is led by Waka Waka man and well-loved member of the Tasmanian Aboriginal community Luke Mabb. Luke's vision is supported by a crew of Aboriginal and Moari cultural mentors, and a team of 20+ hard working volunteers. Janice Ross, a strong and proud Tasmanian Aboriginal Saltwater Sister, designed the Forum logo and theme to help guide our time together: *makuminya* Native Track.

**WHAT?** OHA is proud to host a gathering that will share and showcase a breadth of outdoor health practices, from Indigenous cultural approaches through to experiential therapies, youth practices, allied health offerings, medical treatment approaches, and even green prescriptions.

**WHO?** This event is open to all those with an interest in evidence-informed nature-based practices for health, wellbeing and healing. Family and loved one are welcome, there will be plenty to do and enjoy for people of all ages, genders, cultures and identities.

We look forward to sharing time together on the land and sea country of the Palawa people. Being 5 days allows us to include over 60 presentations and workshops, providing a broad range of evidence-informed nature-based health and wellbeing practices. As well as Bush Adventure Therapy, the outdoor health community includes Indigenous approaches, Ecotherapy, Equine assisted therapy, Green social work, Therapeutic horticulture, and Occupational therapy outdoors, to name a few. The middle day (Wednesday April 17th) offers a range of incredible immersive experiences to choose from.

What an amazing community to be part of. Come for the full 5 days if you can. Bring your loved ones.

*"Being on country, healing yourself and healing country, it's intrinsic, it goes hand in hand... that's what Outdoor Health is". - Luke Mabb*

[forum.outdoorhealth.org.au](https://forum.outdoorhealth.org.au)

