

## Nature Trek:

**Living Innovations in Maine offers Nature Trek, a program designed for people to explore the outdoors in greater depth.**

Nature Trek provides people of all abilities access to outdoor recreation activities with specialized staff such as certified lifeguards and Maine guides. This program is part of our Community Supports program and allows people to travel and explore the outdoors, build connections with others, and strengthen independent skills.

**Activities and excursions include:**

- Kayaking
- Backpacking
- Paddle boarding
- Camping
- Hiking
- Surfing
- And more!

**[LivingInnovations.com](http://LivingInnovations.com)**

Living Innovations provides support to people with diverse needs to have a good life at home and in the community.

We provide services throughout the ENTIRE state.

**In addition to Community Connections, Living Innovations in Maine also provides the following services: Shared Living, Case Management, In-Home Support, Job Coaching, Children's Services and Private Pay.**

We put the people we support at the center of all we do, and provide excellent customer service to all team participants, including family members, guardians and state service coordinators.

*Please contact us to determine supports that can be individualized for you or a loved one.*

**[LivingInnovations.com/contact-us](http://LivingInnovations.com/contact-us)**