



naturefix

Fix your mood.
Fix your energy.
Fix your focus.



For audio led instructions and other solo routines scan this QR code to download the FREE app



Supported by the
NSW Government and Northern
Sydney Local Health District



We invite you to pause, relax and dwell

NatureFix is designed to supercharge the wellbeing benefits of the natural places around the Manly AYAH, enticing you to linger longer and engage with nature in ways proven to refresh and restore.

How it works

Scan the QR code to download the NatureFix app for FREE, visit our NatureFix Wellness Trail and start your uniquely personal nature experience.



NatureFix Wellness Zone locations

The garden area behind the Manly AYAH and the level 1 balcony

