

Supplementary Figure S2. Nave Italia 2022-2023 projects creations

Nature-based interventions for individuals with rare skeletal disorders: evaluation of a 5-day sailing program on health-related quality of life

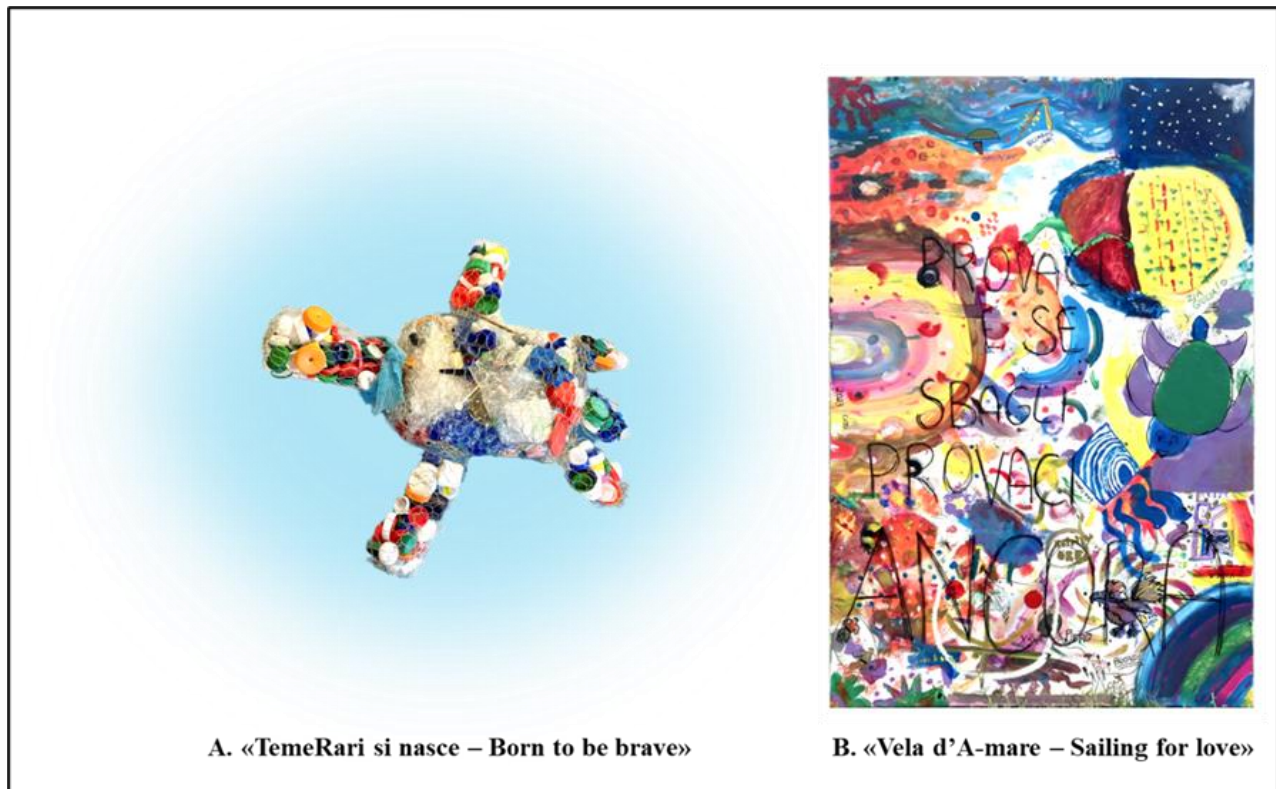
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Supplementary Figure S2 illustrates the results of the two projects created by the participants.

- A. The 2022 project, named “*TemeRari si nasce*” (Born to brave), transform discarded plastic waste into creatively produced sea turtles.
- B. The 2023 project, entitled “*Vela d'A-mare*” (Sail for love), fostered the collaborative choral painting.