

# WILD WELLBEING

If winter feels a bit draining, these sessions offer a calm break in nature where you can unwind and support your wellbeing.



**Thursdays, 1.00pm - 3.00pm**

(18 December, 8 January, 12 February, 12 March)



**Clifton Park Garden Room, Rotherham**

(Clifton Lane, S65 2AA)

Enjoy free, gentle activities that help reduce stress, aid recovery from ill health, and bring a steady sense of balance through time outdoors.

**FREE sessions, limited places, book now!**

**<https://bit.ly/4rnKS0f>**

**Call: 07761 201 864 or Email:  
[greenprescribing@wildsheffield.com](mailto:greenprescribing@wildsheffield.com)**

**Participants must be 18+.**

With thanks to the South Yorkshire Health & Growth Accelerator Fund



**Sheffield &  
Rotherham**  
Wildlife Trust

**[www.wildsheffield.com](http://www.wildsheffield.com)**