

Wild Wellbeing

Could you do with some help to beat the winter blues?

Step away from screens and schedules, and into the calm of nature to support your wellbeing.

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



Fridays, 1.00pm - 3.00pm

(12 December, 16th January, 6th February, 13th March)



Shirecliffe Centre & Parkwood Springs

(Shirecliffe Road, S5 8XJ)

FREE sessions, limited places, book now!

Book online <https://bit.ly/3LW2nVp>

**Call: 07761 201 864 or Email:
greenprescribing@wildsheffield.com**

Participants must be 18+.

With thanks to the South Yorkshire Health & Growth Accelerator Fund



**Sheffield &
Rotherham**
Wildlife Trust

www.wildsheffield.com