

Wild Wellbeing

If the winter season felt a bit draining, join us as we offer a calm break in nature where you can unwind and support your wellbeing.



**Thursday 12th February
Thursday 12th March
1.00pm - 3.00pm**



**Clifton Park Garden Room, Rotherham
(Clifton Lane, S65 2AA)**

Find a steady sense of balance through time outdoors, as we explore Clifton Park and Walled Garden as spring-time life emerges

FREE sessions, limited places, book now!

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

**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