

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/4rnKSOf>

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

Participants must be 18+.

With thanks to the South Yorkshire Health & Growth Accelerator Fund



**Sheffield &
Rotherham
Wildlife Trust**

www.wilsheffield.com