



**Sheffield &
Rotherham**
Wildlife Trust

Wild Wellbeing



Yorkshire
Wildlife Trust

**Want to get outdoors and witness the
springtime emerging?**

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



**Thursday 5th Feb
Thursday 5th March
10.30am - 12.30pm**



**Meet at Priory Campus, Pontefract
Road, Lundwood, Barnsley, S71 5PN**

**We are working with Zoe Fuggle from Roots OT to
bring you nature-based wellbeing walks designed to
ease stress and rebuild balance through the healing
power of the outdoors.**

**FREE sessions, limited places so booking essential.
BOOK ONLINE NOW**

Call: Co-ordinator Cassa Townsend on 07761 201 864

Email: greenprescribing@wildsheffield.com

We look forward to meeting you! (participants must be 18+)

With thanks to the South YorkshireHealth & Growth Accelerator Fund

www.wildsheffield.com