



Outdoor Wellbeing



Gain a sense of 'escape' and reverse the effects of everyday stresses and poor work-life balance by discovering nature's ways to wellbeing. This free course will empower you to seek serenity and wellbeing through the natural world around you. Sessions will cover:

- 1. Nature's ways to wellbeing:** connecting with nature for mental health.
- 2. Exploring mindfulness through photography:** Taking notice of your natural environment
- 3. Outdoor arts for wellbeing:** expressing yourself through creativity
- 4. Green exercise:** keeping active and healthy outdoors
- 5. Practical nature conservation:** caring and giving back to nature

When and where?

10am – 1pm

5 day course: Friday 4th, 11th, 18th, 25th October, 1st November 2019
Location: Silverdale Country Park, Newcastle-under-Lyme, ST6 6SR

How to book:

Please contact Josie Muncaster on 07920 139209
OR send your completed application and welfare forms to josiemuncaster@thelandtrust.org.uk, by Friday 27th September



Booking is essential
For more information contact:
Josie Muncaster – 07920 139209
greenangels@thelandtrust.org.uk



www.thelandtrust.org.uk
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