



# Wellbeing with Nature



Cheshire

*Learn wellbeing skills with the help of nature*

This FREE **ONLINE** course is for adults in **South Yorkshire** who would like to learn more about how to use nature and our surrounding environment to support and enrich emotional and physical wellness. We will explore:

- Wellbeing and nature based mindfulness
- Sensory awareness
- Wildlife identification & attention to natural detail
- Natural crafts
- Folklore and tradition

In addition to this, you will be able to get involved with practical, hands-on activities to enhance natural areas and wildlife habitats in your garden or local green space.

*Attendance certificates will be awarded to all eligible participants.*

## When and where?

**When:** 1-2 p.m., Every Tuesday from 23<sup>rd</sup> February – 30<sup>th</sup> March 2021

**Where:** Online via Microsoft Teams

## How to book:

Please contact Carolyn Hassall - 07795 256145  
[greenangels@thelandtrust.org.uk](mailto:greenangels@thelandtrust.org.uk) to book your place.

*Places are limited so apply soon!*



**Booking is essential**  
For more information contact:  
Carolyn Hassall – 07795 256145  
[greenangels@thelandtrust.org.uk](mailto:greenangels@thelandtrust.org.uk)



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