



# Wellbeing with Nature



Cheshire

*Learn wellbeing skills with the help of nature*

This **FREE ONLINE** course is for adults in Warrington 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?

1pm - 2pm

**When:** Every Tuesday from 9<sup>th</sup> March – 13<sup>th</sup> April 2021

**Where:** Online via Microsoft Teams

## How to book:

Please contact Mary Breeze on 07392 260215  
[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:  
[greenangels@thelandtrust.org.uk](mailto:greenangels@thelandtrust.org.uk)



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