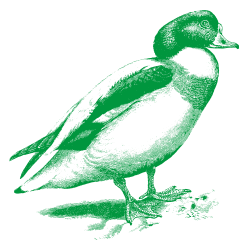




Embracing the Blue - Natural Ways to Wellbeing Course



Come and join us at Port Sunlight River Park for this new FREE four-week course for adults, led by Rachel Barker!
All parts of this programme are suitable for beginners.



From 10:00am - 3:00pm -
Wednesday 16th, 23rd, 30th March & 6th April 2022



Port Sunlight River Park, CH62 4TQ

BOOKING IS ESSENTIAL

For more information or to book please contact:

Mary Breeze

greenangels@thelandtrust.org.uk / 07392 260 215



The course will include:

- o Practicing nature-based mindfulness
- o Being inspired by and learning more about the park and its waterways
- o Getting creative with natural materials
- o Benefitting from spending time connecting with nature
- o Activities including walking, mindfulness, nature-based activities, discussion, reflection and sharing

