



'Focus on Nature' FREE 4 week course



A gentle exploration of green spaces in your area
through mindfulness, crafts and walking

Enjoy a **FREE 4 week course** in
your local park and learn how to:

- Use Mindfulness practice while walking and taking in the natural surroundings
- Explore art through painting and craft making with natural resources
- Meet new people in a fun and relaxing environment

Where & When:

Mill Dam Park
Mill Lane
Kirkby, L32 2AU

Tuesday 21st June, 10 - 12
FREE for 4 weeks

To book your place or to find out more:

Call your Community Wellbeing Officer
Rachael on 01928 589799 or visit our
website at

www.wellbeingenterprises.org.uk