


WELLNESS IN NATURE



Peace of Green CIC would like to invite you to a programme of outdoor sessions to connect with nature, yourself and others

Find your connection with nature in a tranquil and safe space.

We will include lots of creative activities, visiting artists, bushcraft skills, mindfulness time plus sitting round the campfire and cooking.

MONDAYS 12-2PM
APRIL - JULY 2022

**FULLY FUNDED BY A
SHIRES COMMUNITY GRANT &
PEACE OF GREEN CIC**



Peace of Green
community interest company

**FREE
ENTRY**

For county residents struggling with their mental health, isolation or wellbeing (bus fair can be covered for low income) to find out more or book please email: pogcic@outlook.com