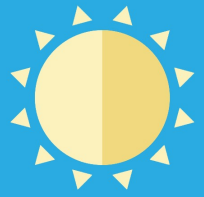


Nature for Health

Boosting your health & wellbeing with nature




Are you looking to get active and learn new skills in 2019?

The Nature for Health project is all about getting out into nature to benefit your physical and mental health. Come along to one of our free weekly activities. Whether it is a walk, practical conservation task or an arts and crafts workshop, there is so much you can get involved in!

You can find our free weekly walking and countryside sessions in the following places:

Location	Day	Time
Rhyl	Tuesday	10am
Llangollen	Tuesday	10am
	Wednesday	10am
Corwen	Wednesday	1pm
	Thursday	10am
Prestatyn	Thursday	10am



Find more information on social media by searching: **Denbighshire Countryside Service** or **Clwydian Range and Dee Valley AONB**. Or contact Claudia and Katrina on 01824 708313 and Ellie on 01824 712792

Denbighshire Countryside Service is working in partnership with Denbighshire Housing to deliver the project with support from Betsi Cadwaladr University Health Board and Bangor University. This 18-month pilot project will run in Rhyl, Prestatyn, Llangollen and Corwen.