

WELLBEING & NATURE COURSE



Learn new skills, meet new people, be outside and improve your wellbeing!

This 12 week course is designed for adults aged 18+ who are feeling socially isolated and/or are experiencing mild to moderate depression, low mood, anxiety or stress or are struggling to return to work after a period of sick leave.

Apply Now

referrals@lindengate.org.uk
01296 622443



www.lindengate.org.uk

Wednesdays

9.30am-12:30pm

The next course runs from 7th June to 23rd August.

Course is based at **Lindengate Gardens & Nature Reserve**, Wendover, HP22 6BD.

Cost per session is £28.

Assisted places are available which enables Lindengate to cover the full cost of the course.