

Breathing Space

A free 6 week wellbeing in nature course at West Horsley Place



Fridays 2-4pm

Starting 12th May

Sometimes we all feel low, improve your wellbeing through nature, conservation, and outdoor art in a supportive environment.

Register by emailing groups.cc@catalystsupport.org.uk or calling

01276 409 415

WEST
Horsley
Place

