



The Active
Wellbeing Society

Omnia Green Space Nature Connection 6 Weeks course

Join us at The Omnia Practice Green Space for a Mindfulness Nature session. Take part in a gentle grounding exercise and a nature based activity. Our session will be followed by refreshments and time to enjoy the green space.

This six week guided course is aimed at getting us to notice the small changes in nature as we progress through the Autumn season. At the end of six weeks you can take away a Nature Prescription from the RSPB to continue your journey in Nature, to a calmer and more connected you.



Thursdays, 10am - 11am Starting September 17th.



Meeting at: the rear of Omnia Medical Practice



For more information, get in touch:

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