

NatureWell

Nature Connection for Wellbeing Course

AT BROWN
ROCK,
TICKENHAM



**Fortnightly on
Wednesdays
11am-3pm
5th/19th June & 3rd July**

**This course is for North Somerset
Residents Only**

*'I would recommend to
others and gave me
opportunity to take time
out so I was ready to
face the pressures for
everyday life going
forward.'*

Join us for a relaxing and restoring time in nature, where we will share outdoor skills and simple nature connection practices to take into your daily life and support wellbeing.

What to Expect:

- Three sessions held fortnightly
- Nature-based activities and group reflections
- Take-home activities to help bring into your daily life
- Be part of a safe & welcoming community of Brown Rock

Sessions we will based in the cob house set within the beautiful Brown Rock woodlands.

Why Nature Connection Matters:

- Reduces stress and anxiety
- Improves mood and mental clarity
- Greater meaning & purpose in life
- Helps people feel good and function well.



**To book or for more information,
brownrock.co.uk
or email flourshe@brownrock.co.uk**

NatureWell is an evidenced based nature and health approach developed by Natural Academy