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# Natural Wellbeing

*Every Friday*

Weekly sessions using the natural environment to promote adult health and wellbeing.

Participants can be involved in cooking and sharing an outdoor lunch, bird watching and outdoor craft activities.

The Blashford Project is a partnership project between Hampshire and Isle of Wight Wildlife Trust, the New Forest District Council, Bournemouth Water and Wessex Water.



<b>Date:</b>	Every Friday
<b>Time:</b>	11am until 2.30pm
<b>Booking:</b>	Tracy on 07825 201391 / 01425 472760 or BlashfordLakes @hiwwt.org.uk
<b>Location:</b>	Blashford Lakes Nature Reserve, Ellingham Drove, near Ringwood BH24 3PJ
<b>Event charge:</b>	£4 donation