

## WELLBEING GARDEN

## **Every Tuesday 2-4pm**

Gardening and being among nature has been shown to improve mental and physical wellbeing. It is increasingly acknowledged that gardens and green spaces are associated with better physical, social, and mental health.

Free tea or coffee for every volunteer.

Why not come along and get involved? Everyone is welcome!

Northampton Road, Market Harborough, LE16 9HF 01858 410115





