



# Wild Ways Well at Jupiter Urban Wildlife Centre



**Join us at Jupiter for new outdoor wellbeing sessions.**

**Wild Ways Well combines activities based on The Five Ways to Wellbeing and discovering local wildlife.**

**The group is a great way to reconnect with nature and explore the outdoors.**

**First meeting: 26<sup>th</sup> July 1pm - 3pm.**

**Please dress for the weather.**



**LEARN** - Identify plants and wildlife, try new crafts, learn new skills. Discover things about nature and about yourself.

**TAKE NOTICE** - Note the changing cycles of life. Use your senses. Listen to birds, smell the flowers, live in the moment.



**GIVE** - Your time to be in nature. Give something back by sharing experiences and undertaking conservation tasks.



**BE ACTIVE** - Take part in health walks and practical outdoor activities. Explore your local paths, woods and greenspaces.

**CONNECT** - Meet new people. Connect with the people, the wildlife and the nature that's all around us.



**To find out more and book a place, please contact us.**

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