



# 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.

Next meeting: 29<sup>th</sup> November 1pm - 3pm.

Please dress for the weather.



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

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