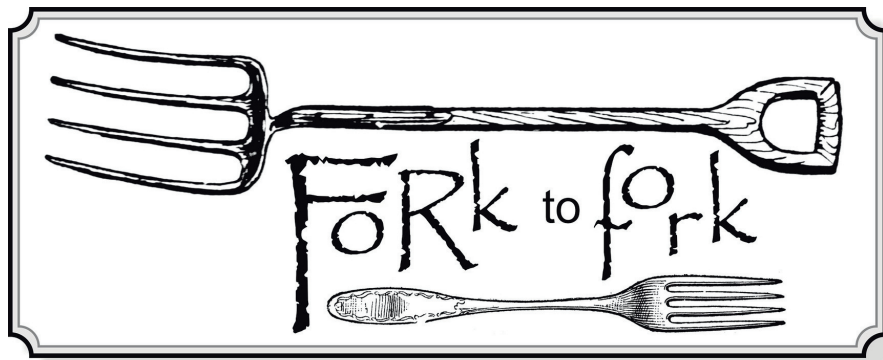


HARMONY

Health & Wellbeing



Occupational Therapy
Where Nature Meets Wellbeing

FREE SESSIONS

Anxiety, depression, feeling low, stressed or isolated?

Living with mental or physical health issues?

Feeling lonely and want to make new friends?

Join our free nature-based wellbeing session at Fork to Fork Forest Garden (next to Lancaster Brewery)

Take time to relax, connect with others, and enjoy the healing benefits of nature.



For more info and to see what else we offer
www.harmonyhealthwellbeing.co.uk