

Free!

Actif Woods Wales
Coed Actif Cymru

Getting healthy the woodland way
Ffoeddi goedwig o gadw'n iach

**CoedLleol**
SMALL WOODS WALES

Woodland Crafts

Get Healthy the Woodland Way!

Free woodland craft sessions for all abilities



Tuesdays 10am - 1pm
Cyfarthfa Park

Whats on Offer:

- *Green Woodwork*
- *Gentle exercise*
- *Wildlife walks*
- *Crafts*
- *Foraging*
- *Mindfulness*



Contact us on 07387 738 607

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