

Actif Woods Wales Spring Celebration

29th March, Coed Llwynonn,
10am—3pm. FREE

Join us to celebrate Actif Woods Wales in Anglesey and help shape the future of woodland health and wellbeing activities locally.

Join us for:

- Woodland workshops
- Enjoy free campfire cooking
- Hear inspiring stories
- Share your ideas and
- Help shape Actif Woods Wales plans

This Coed Lleol (Small Woods Wales) celebration event is for community organisations and individuals already involved in our Actif Woods Wales programme, and those who wish to get involved (e.g. new participants, public health professionals, job centres, carer organisations, woodland managers).

Actif Woods Wales is an innovative woodland health and wellbeing programme that is changing lives across Wales. Join us in Anglesey for a wide range of activities, from bush craft to woodland walks, from conservation to campfire cooking, and foraging to mindfulness and more. Discover new skills, find confidence, exercise, make friends and help to protect our environment.

Book your place: Vivienne Roberts - 07932924652
actifwoodsanglesey@smallwoods.org.uk

Actif Woods Wales
Coed Actif Cymru

Getting healthy the woodland way
Ffordd y goedwig o gadw'n iach

Getting
Healthy
the
Woodland
Way



Actif Woods Anglesey



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