

Actif Woods Wales Spring Celebration

28th March, Moel-y-Ci, 10.30-3.00

FREE

Join us to celebrate Actif Woods Wales in Gwynedd 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 **Gwynedd** 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:

Melissa - actifwoodsgwynedd@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



Coed Lleol



ActifWoodsWales


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