



# INTERVENTION: WILD WELLBEING



Take the time to disconnect from the busy stressors of day to day life with our WILD Wellbeing intervention. Over 4 weeks at the Three Haggas Woodmeadow between Selby and York, connect with nature, connect with yourself and take a break from the business of your mind.



Facilitated by a qualified counsellor and wellbeing coach, enjoy a no-pressure, participant-led, personal experience to ground yourself in a truly rich and biodiverse landscape of the wood-meadow. **There is nowhere you will feel better.**

We can deliver this course across North Yorkshire so if you have a small group of participants who would like to attend this course, get in touch and we can arrange to come out and deliver it locally to you.



To book a place, arrange a course near you, or find out more, please scan the QR code or [click here](#) for our referral form, or email [info@projectwildcic.com](mailto:info@projectwildcic.com)



Funded by  
UK Government

