



GREEN THERAPY TASTER EVENTS

Positive Steps Outdoors in collaboration with the National Trust and to mark World Mental Health day on the 10 Oct 23, are excited to offer an autumn programme of free to attend green therapy and coaching 'taster walks'. These short events are ideal opportunities for those with responsibility for health and well-being in their organisations to learn more about green therapy. So, if that's you register for an event to learn and experience how green therapy promotes positive wellbeing.

October
10

Divis and Black
Mountains,
Belfast

October
18

Lisnabreeny and
Cregagh Glen,
Belfast

October
27

Donard Forest
Park, Newcastle

November
03

Tollymore Forest,
Newcastle

November
09

Islandmagee,
Larne

November
15

Lisnabreeny and
Cregagh Glen,
Belfast

November
22

Divis and Black
Mountains,
Belfast

November
29

Antrim Hills Way,
Larne



positive steps outdoors



National
Trust

To reserve your place visit
<https://www.psocic.com/green-therapy-taster-events-2023>

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