

Nature Wellbeing



YOUR 'NATURE PRESCRIPTION'

What happens next?

- ◆ You'll be contacted by a nature wellbeing coordinator
- ◆ They'll discuss the opportunities available with you and put you in touch with your nature wellbeing provider
- ◆ Your provider will welcome you and you'll get going each week enjoying the health and wellbeing benefits of nature and being outdoors
- ◆ Your provider will work with you to monitor your progress
- ◆ We'll support you together with your GP, PWP or connector to see how you've done and what to do next!

www.naturewellbeing.wales

