

Eco-Therapy: A Free Online Programme

Health All Round are proud to present a completely **free** online eco-therapy programme. This programme connects you with nature for your wellbeing. Each week, for one month, you will receive email notifications of three outdoor exercises to do which are presented to you via video (for example, going on a bird spotting walk or writing a nature poem). You can post about your experiences in our private comments forum and share your experiences with others too.

To sign up and begin right away (for people living in Edinburgh only), please click here: https://healthallround.mn.co/share/dU0RhXFGAJ8adOCC?utm_source=manual

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