

CONNECTION WITH NATURE

A four week course that aims to allow participants to get outside in fresh air, take a leisurely walk and talk. With eyes open and all our senses engaged. A feast for the senses if you will.

We will explore:

- Nature to calm the mind and soothe the soul
- Meeting other like minded people
- Creating a safe and supportive walking/nature group

**EVERY THURSDAY FROM 11.00AM - 2.00PM,
3RD APRIL - 24TH APRIL**

**LOCATION: RECOVERY COLLEGE ROOM,
DCU, SCHOOL OF NURSING, PSYCHOTHERAPY
AND COMMUNITY HEALTH**

To register contact the Recovery College

Phone: 085 1847044

Email: recoverycollege@dcu.ie

Visit: www.recoverycollege.ie

Course Fee: €10 for entire course

