



# Green Gym

on the Three Brooks Local Nature Reserve

every **Thursday 10am until 1pm**

Meet at the skate park by the Leisure Centre



In the Green Gym you can improve your well-being and help nature at the same time by doing a range of practical outdoor conservation tasks under the guidance of experienced leaders.

Further details from:

**David on 07967 446139**

**[www.three-brooks.info/Greengym.php](http://www.three-brooks.info/Greengym.php)**