

**Naturally Healthy Month
May 2017**

Connecting people and nature

Visit naturaldevon.org.uk or slnp.org.uk for further information



**Moor to
Enjoy Project**

A Health and Wellbeing Partnership

Exmoor Alive!

**Lynmouth Manor Green
Wednesday 31st May 1pm -3pm**

**Free event for all - celebrating how good Exmoor
National Park is for our Health and Wellbeing**

Activities include:

- Coastal Creatures on the beach
- Storytelling
- Beach sculptures
- Games on the Green
- Guided walk
- Mindfulness session
- Information stands
- And more...



Everyone welcome! No need to book - just turn up.

For more information contact National Park Centre Lynmouth Tel. 01598 752509

