



National  
Trust



# Nuture your mind with nature at Clumber Park

**Thursday 10 October, 11.00–16.00**

Join the Gardens team in the walled kitchen garden at Clumber Park this **World Mental Health Day**, and benefit from some valuable time in nature.

Take part in a guided walk, try floristry and join yoga, meditation and mindfulness sessions. They'll also be lawn games, craft sessions and gardening activities to enjoy.

Bring along a picnic and relax in the beautiful surroundings.

Full details at [nationaltrust.org.uk/clumberpark](https://nationaltrust.org.uk/clumberpark)

