



Wellbeing Tuesdays

All Welcome

Activities include...

Wellbeing walks

Quizzes

Arts & Crafts

Access to our allotments

Community gardening

From 10am every week

**Come along to our
free sessions...**

**Socialise, have
fun and enjoy the
beautiful relaxing
environment here
at Wormingford**



★ **Free hot lunch for
all participants** ★



Contact us: info@abbertonruraltraining.org



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