



We use nature to help your employees improve their mental health, relieve stress, build resilience, and restore balance.

WiltshireWildlifeTrust

## Wild Wellbeing Days

By spending a half or full day with us on one of our Nature Reserves, your staff will experience how nature connectedness supports mental fitness. Through a range of practical activities they will learn simple steps they can take to improve and maintain their wellbeing.

[www.wiltshirewildlife.org/workplace-wellbeing](http://www.wiltshirewildlife.org/workplace-wellbeing)

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