



**Canal &
River Trust**

Making life better by water

Waterways Wellbeing

Learn to Forage - Four Week Course



Instagram: [Waterways_Wellbeing_Leicester](#)

Learn To Forage - Four Week Course

Do you want to get outside and be more active while learning about traditional uses of plants and trees.

Come and join us for a fully funded foraging course. Discover about edible medicinal and the practical uses of plants, our walks will be slow placed and wont cover too much distance.

Kilby Bridge - Mon 4th, 11th, 18th and 25th March 10:30-12:30

Glen Parva - Mon 4th, 11th, 18th and 25th March 13:30-15:30

Being near or water can hugely improve your wellbeing making you feel happier and healthier.

Our waterways are making a difference to millions of lives every year. We want as many people as possible to feel the difference by making canals and rivers part of their daily lives.

Come and join us for a Waterways Wellbeing, Winter Foraging Walk and enjoy our beautiful waterways, spaces are limited, booking is essential.

For more information please contact Sean Payne

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January 2024

