



Fancy getting some fresh air while improving your physical and mental wellbeing?

The Green Gym® is a new, free facility for residents of Bracknell and Ascot who are struggling with mental health problems such as depression, anxiety, stress and dementia.

The Green Gym®, based at Jealott's Hill Community Landshare, includes a combination of:

- Fun exercise trails to improve strength
- Gardening activities
- Horticultural education
- Tea and coffee breaks

The Green Gym® is open Tuesday, Wednesday, Friday and Saturday from 10am until 1pm.

To find out more visit: www.bracknell-forest.gov.uk/greengym or email Green.Gym@bracknell-forest.gov.uk

