

WELLNESS IN NATURE

**At Islington
Ecology
Centre &
Gillespie Park**

Tuesday 29 August 11am - 12.30pm

Stressed? Tired? In need of a nature boost and a little pampering?

Come to our Wellness in Nature event. A walk in the nature reserve to feel more grounded, followed by a spa-like pampering using Temple Spa products.

You'll leave refreshed, calmer and feeling ready for the world again!

Book your free tickets using the QR code or email ecologycentre@islington.gov.uk