

# Wellbeing Event

We are really pleased to be working with [YourPark](#) to bring a whole host of FREE activities to the event for runners, spectators and members of the public to enjoy around their run.



You can register your interest in advance [here](#), as well as turn up on the day.

**Foxglove Forest School;** 10:00 - 12:00 on the lower field

Nature activities for children with Foxglove Forest School. Mud kitchen, investigation kit and nature-based crafts.

**Fun Science;** 13:00 – 14:00 on the lower field

Join Fun Science for science exploration activities including bug hunting, seed bombs and worm charming.

**Park Yoga;** 20min sessions starting at 12:15, 13:00 and 13:40 on the upper field

Stretch your muscles and relax in nature with Krissie in this Park Yoga taster session.

**Herbs for Healing;** 10:00 - 14:00 on the upper field

Discover the benefits of herbs and learn how to make your own natural products from herbs you can grow at home