

# Positive Steps Outdoors invites you to a green therapy seminar

A morning exploring why and how to engage with the outdoors to promote positive mental and physical health.



A Social Enterprise  
www.psocic.com

An afternoon putting it into practice.

**19 May 23**

During Mental Health Awareness Week

**AM: Ormeau Baths, Belfast**

**PM: Divis and Black Mountain**

Business, charity and community leaders learn more and reserve your place [here](#)

Following a welcome from our patron **Carl Frampton** there will be the opportunity to learn from ...



National Trust

