


THE GROW WELL PROJECT



Referrers Open Day

- ❖ We invite you to join us in one of our Community Gardens to find out more about our Social Prescribing project
- ❖ Find out what our groups could offer for your clients
- ❖ Hear about what we'll be offering over the winter season to keep people active, healthy and connected to nature and each other



Tuesday 17th October 2023
12-3pm (drop in)

Riverside Health Centre Garden,
Wellington Street, CF11 9SH

Parking available at Wellington St. Car park

Refreshments available

RSVP via: [Eventbrite link \(click here\)](#)

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Cardiff South West
Primary Care Cluster
Health & Wellbeing in your Community



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