



SPACE TO GROW

URBAN-VERTICAL

DECORATE & CELEBRATE!

Join our free creative sessions throughout April

MAKE YOUR OWN MINI MANDALA
FRIDAY 5TH APRIL

WRITE YOUR OWN ACROSTIC POEM
FRIDAY 12TH APRIL

CREATE YOUR OWN STONE CREATURE
FRIDAY 19TH APRIL

DESIGN YOUR OWN CYANOTYPE
FRIDAY 26TH APRIL



11-1pm



The Hearth Gallery
University Hospital
Llandough
Penlan Rd
Llandough
Penarth CF64 2XX

OPEN TO EVERYONE!



Phone Number
09354 917100



Website
www.urban-vertical.org.uk



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Cardiff and Vale
University Health Board

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FOR HEALTH AND WELLBEING AR GYFER IECHYD A LLES