


Urban Mind

Help  shape
a healthy
& inclusive
Tower Hamlets

Make your city experience
part of the project.

3 ways to be a part of
a community wellbeing
project with Phytology
and Urban Mind:

- Download the
Urban Mind app here →
- Help design a
wellbeing walk
- Join community
discussions

urbanmind
.info

please email Hannah – hhar0001@stud.slu.se  to participate

COMMUNITY EVENTS & DISCUSSIONS

SAT 25 AUGUST	at Phytology
SAT 08 SEPTEMBER	at Phytology
THU 20 SEPTEMBER	Urban Mind launch event Dalston Curve Garden

- Keep updated on the Phytology website: **phytology.org.uk**
Phytology, Bethnal Green Nature Reserve, Middleton Street E2 9RR