

# COMMUNITY NATURESCAPES NORFOLK

## Well-Being Walk

### Welcome to our art, science, and nature trail!

This trail has been developed by the Cytology Team at Norfolk and Norwich University Hospital in collaboration with artist Jen Langeskov, as part of the Community Naturescapes Norfolk project - which aims to connect people with nature recovery through creativity and conversation.

Cytology is the study of individual cells and their structures to diagnose diseases. This trail was created to raise awareness about cervical screening as well as the importance of spending time in nature for our health and wellbeing.

As you follow the trail, you'll discover the green spaces and nature corridors woven through our hospital grounds. Along the way, six nature-inspired artworks are on display—each created using images of real cells from cervical screening tests, blending the hidden world of cells with life on a larger scale.

**Follow the trail map to find all six artworks!**



Working together  
to protect and  
restore nature in  
key sourcing  
regions

JOHN LEWIS  
PARTNERSHIP

