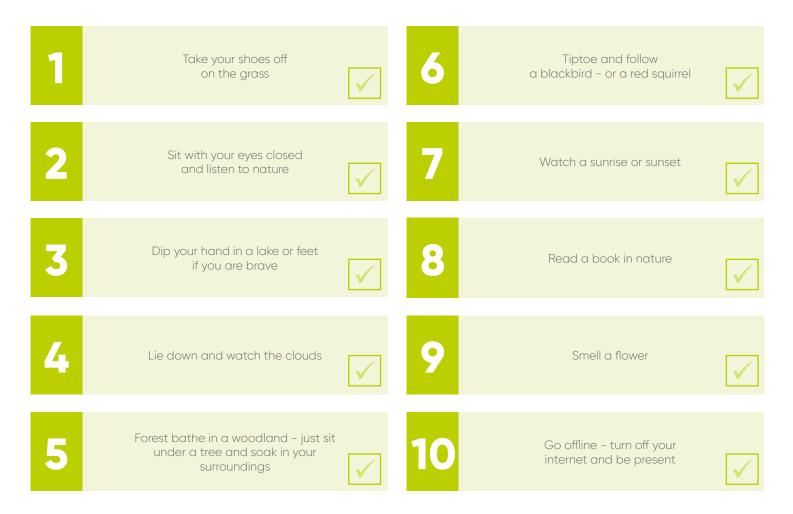


The Lake District is a great place to improve your well-being with breath-taking Lakes and mountains to restore your balance.

## HERE ARE OUR TOP TIPS OF ACTIVITIES FOR YOU TO EXPERIENCE THIS AMAZING PLACE AND BE REFRESHED:



To find out the best places in the Lake District to try out the well-being list, visit our website LAKEDISTRICTFOUNDATION.ORG

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