

Kickstart your physical & mental fitness today

Our Health & Wellbeing platform & app is packed full of valuable advice & support for your general health, fitness, nutrition and much more.



It's free for all those who work, or have worked, with plants, trees, flowers or grass and their families.

Take a look and see what's there for you
perennial.org.uk/wellbeing

Download the app

Search 'Spectrum.Life'. Sign in with email. Use organisational code 'well'



Helping people
in horticulture
Perennial