Gardening for Health Sessions

A GREAT WAY TO SOCIALISE, FEEL CALMER AND FITTER AND LEARN HORTICULTURAL SKILLS IN A RELAXED INFORMAL ENVIRONMENT.

For more information please contact Up and Active Food Growing Coordinator:
Ian Hodgson - 07376 179 619
Email- ian.hodgson@hyndburnleisure.co.uk

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Activities Include

- Allotment Gardening
- Working in poly tunnels
- Healthy Cooking
- Seed Sowing
- Herb propagation
- Organic food growing skills
- How to grow in small spaces
- Indoor and outdoor workshops

Feedback

"Thank you once again for a very interesting and involving session"
-Hameeda Mahood, R.E.A.D. [Reaching Empowerment and Diversity] Woodnook Community Church

For any questions and more information, please call-
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