

# Garden Clean-up 2024

After the long winter months, there has never been a better time or a bigger need for the benefits of nature. Did you know that having some contact with nature can reduce stress and can improve your overall mood? Our **Community Garden** can provide a wonderful opportunity to access some of these mental health benefits after the long winter. **Mark your calendars and please join us on Saturday, June 1<sup>st</sup>, at 8AM to help clean up and prepare our Community Garden for our upcoming gardening season.** We are looking for volunteers to assist our dedicated garden volunteers in the cleanup. All are welcome! For more information, please call JoEllen at **631-360-1373**.

