



SISTERS FOR HEALTH

EMPOWERS GIRLS OF COLOR TO TAKE CONTROL OF THEIR
HEALTH AND WELLNESS



HOW DOES YOUR GARDEN GROW



JOIN US IN OUR VEGETABLE GARDEN

Middle school girls are invited
to reap the many benefits of
vegetable gardening:

Health: learn about
gardening and nutrition

Fitness: exercise by
planting, feeding, and
harvesting your own food

Community Service:
donate some of the
vegetables to those in need
in our community

Come Grow With Us!
Register **here** for
monthly meetings in
our Long Reach
garden



www.sistersforhealth.org

sisforhealth@gmail.com

Sisters for Health is a 501(c) 3 nonprofit organization