EMPOWERS GIRLS OF COLOR TO TAKE CONRTROL OF THE HEALTH AND WELLNESS



HOW DOES YOUR GARDEN GROW



JOIN US IN OUR VEGETABLE GARDEN

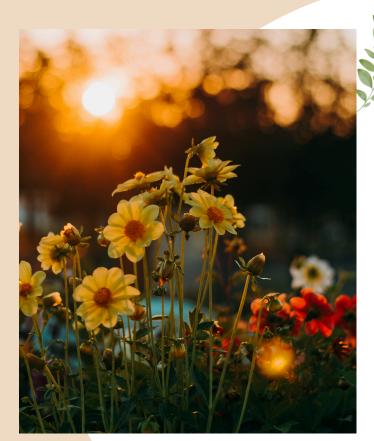
Middle school girls are invited to reap the many benefits of vegetable gardening:

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

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