



SISTERS FOR HEALTH

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



HOW DOES YOUR GARDEN GROW?



FALL VEGETABLE GARDENING PROGRAM

Girls age 8-13 are invited
to reap the many benefits of
vegetable gardening:

Health: learn about
gardening and nutrition

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

Community Service:
donate to those in need in
our community

Come Grow With Us!

Register **here** to meet us in
our Long Reach garden
Saturdays 11:30am-1:00pm
08/29/2026-10/03/2026

