

COMMUNITY GARDEN PROJECT SMALL SEEDS

Gardening is a therapeutic way to enjoy exercise and reduce stress while socialising and helping to grow something special.

We have raised garden beds for easy access along with volunteers to aid those requiring direction or assistance.

FREE

TUESDAYS
1.30 - 2.30pm

Canterbury Centre, 2 Rochester Road Canterbury

Please join us for lunch beforehand at 12.30pm for \$12.00

Transport: available for \$5 each way (booking required)

Enquiries 9880 4709 or email socialsupport@basscare.org.au

FROM LITTLE THINGS, BIG THINGS GROW
LET'S GROW TOGETHER!

