

VAN FORUM

Gardening

for health and the common good

Tuesday - March 9, 2010

10:30 AM to 12:30 PM

Bachman's

6010 Lyndale Ave. S.

Minneapolis, MN 55419 ([map](#))

Presenters:

Joann Ellis, ALVA graduate, block nurse program in northeast St. Paul, initiator of Patio Gardens for the Elderly

Ede Holmen, Loring Park neighborhood resident, Friends of Loring Park Board Member, Loring Park Garden volunteer

Sherry Brooks, Minneapolis Park & Recreation Board, Horticulturist/ Gardener for the Loring Park Garden

Peg Johnson, Treasured Haven Farm

Have you been thinking about starting a vegetable or flower garden? Are you an experienced gardener interested in connecting with others who share your interest? Maybe you are just looking for a way to add local, farm-fresh foods to your diet.

Join us for the March forum for a lively and engaging conversation about how gardening and local foods can pay dividends in your life—both for your health and your bottom line.

Gardening offers many important benefits, including opportunities to:

- Produce low-cost food and flowers
- Get exercise and vitamin D
- Relieve stress
- Socialize with neighbors
- Improve the beauty and health of the environment.

Walk away from this forum with concrete action steps for making new connections with Mother Nature.



"The greatest gift of the garden is the restoration of the five senses."

—Hanna Rion

Free and open to the public. Please join us!



Vital Aging Network

Questions? Need a ride? Call VAN at 651-917-4652.

www.vital-aging-network.org

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