



Planting Seeds for Health!

DATE & TIME:

Tuesdays—
June 20,, 27
July 11, 18, 25
August 1

10:00 am – Noon

LOCATION:

Ludington United
Methodist Church & U Dig
It Community Garden

5810 E. Bryant Road,
Ludington

CONTACT &

REGISTRATION:

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Space is limited and
registration is required



Photo by Lukas, [pexels.com](https://www.pexels.com)

Planting Seeds for Health is an interactive six week series for adults focusing on:

- The connection between gardening, nutrition, and being physically active
- Exploring the basics of how to plant and care for a garden
- Creating a healthy plate and sampling foods that are available throughout the summer
- Sharing resources and recipes to maximize seasonal foods while eating on a budget

This is a FREE program. Participants are asked to commit to attending at least four sessions. Prepare for weather variations and dress for working outside. We will be getting our hands dirty and having lots of fun while we learn together.

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