



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

SAFE & HEALTHY GARDENING



FOR YOU & YOUR GARDEN!

Free Community-wide HEALTH SEMINAR

In this seminar you'll learn how to get your garden green and beautiful as you prepare for the peak growing season. Learn tips and tricks for cleaning your garden and preparing it for planting, followed by weeding and planting how to's. You'll also learn how to prepare your body to take on key gardening tasks in a way to prevent injury and have a pain-free gardening season. Learn simple warm-up exercises and techniques to prevent injury, exercises for gardening strength, and stretches to increase your flexibility.

Getting your garden ready for spring, and keeping yourself healthy while doing it, will help make the growing season a little less hectic, more productive, and more enjoyable!

- Seminar Presenters: Mindy Sherrieb, Elissa Morrison
- FREE to all Members and Non-Members

WHEN: Thursday, May 31st
TIME: 12:00 PM – 1:00 PM
LOCATION: FITNESS CENTER, STUDIO 1

Mindy Sherrieb has been a Master Gardener with the OSU Extension Office for Baker County since 2008. She has been involved in the wildland fire profession for over 40 years, during which time she started giving gardening classes to help with fire prevention. She enjoys helping others realize the results they can get from gardening, planting, and enjoying gardening as a recreational activity.

Elissa Morrison is the Health & Wellness Director for the Baker County YMCA, and a Certified Fitness Instructor. She has been in the fitness industry for over 30 years and is passionate about helping individuals develop and maintain fitness to pursue their personal interests and maintain a high quality of life.