

TALK: ABOUT GARDENING



Find out why gardening is good for your health!

Tips about gardening, growing vegetables, and how to start a garden for the first time

When: Thursday 13TH December 2018

Meet where: deafPLUS centre, Trinity Centre, Key Close, Whitechapel, E1 4HG

Time: 2pm until 4pm. Please arrive before 2pm for tea and coffee.

**IT'S FREE!
DEAF/ HoH
ADULTS FROM
TOWER
HAMLETS ARE
WELCOME**



**PLEASE BOOK
BEFORE THURSDAY 6TH DECEMBER 2018**

Please contact the Health & Wellbeing Team:
Sumita Baines or **Milena Blaszczyk** on:



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