

Want to improve your wellbeing?

Make friends?

Learn how to grow and use your own produce?

Get outdoors?

Then join us at

LAND TO PLATE

TRY PRODUCE GARDENING OVER 6 MONTHS

EVERY MONDAY FROM 9:30—2:30

HAVE YOUR VERY OWN MICRO ALLOTMENT

LEARN TO GROW AND COOK YOUR OWN VEG

SOCIALISE WITH LIKEMINDED PEOPLE

IMPROVE HEALTH AND WELLBEING BY BEING

OUTDOORS

ALL FREE !

HEALTH =

WELLBEING =

HAPPINESS



For more information

Contact Rosy Smith at Next Steps on

01653 690854 or

e-mail land@nextstepsryedale.co.uk