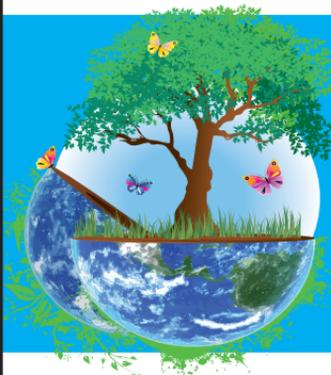


**FREE Health and Wellness, Gardening Workshop**



# Got Spring Fever? We Do Too! The Remedy: Get in the Dirt!

There are organisms in the soil that improve mood, and will boost the immune system, acting as an anti-depressant.

**So come Join us for an EXCITING DAY !**

Learn how to start and maintain a backyard garden. The best way to maintain your health while reaping the benefits of great exercise, mental wellbeing and healthy food for you and your family.

**Speakers : Tom Wolfe and Tony Ricono**

With a combined 40 years of experience, they will share organic and conventional methods of gardening. If you have a passion for gardening or are just getting started this class is for you!

**When: Sunday, February 22nd, at 3:00 p.m.**

*Hope to meet  
YOU there!*

**The Better Living Center  
215 Watkins Road, Blairsville, GA 30512**