

FLOURISH

Therapeutic Gardening with Melissa

For Carers who love getting their hands dirty, Flourish supports your understanding and enjoyment of botanica.



- Social connection
- Harvest or plant to take home
- Green tips and skills
- Build community garden
- Mindfulness
- Lunch included

Session #1

Introduction to garden,
Planting herbs,
Lunch,
and Creating Kokedama

Date: 17th February 2025, Monday

Time: 9:45am for 10:00am start, until 1:00pm

Location: Suite 3, 50 Upper Heidelberg Road, Ivanhoe 3079

Any questions, please contact:

Phone: 8850 4136 **Email:** chuck.cheng@accesshc.org.au



RSVP essential