



JEFFERSON COUNTY
General Health District
— Prevent. Promote. Protect. —

COMMUNITY GARDENS AND SUPPORT GROUPS



What exactly are community gardens?

These are plots of land that are used by individuals or groups to help benefit the people who care for the garden. The JCGHD Maternal/Child Health Program is excited to offer this opportunity to moms throughout the county with specific **GOALS** in mind.

- **Teach** moms and their children how to grow their own vegetables.
- **Improve** the **health** of moms and moms-to-be throughout Jefferson County.
- Create a safe and friendly environment for moms to **share** stories and **support** each other.

If you're interested in participating or learning more about this program, please reach out!

Email: kslussar@jchealth.com

Phone: 740-283-8530 ext. 1636