SISTERS FOR HEALTH

EMPOWERS GIRLS OF COLOR TO TAKE CONTROL OF THEIR HEALTH AND WELLNESS



HOW DOES YOUR GARDEN GROW?

FALL VEGETABLE GARDENING PROGRAM

Girls age 8-13 are invited to reap the many benefits of vegetable gardening:

Health: learn about gardening and nutrition

Fitness: exercise by planting, nourishing, and harvesting your own food

Community Service: donate to those in need in our community



Come Grow With Us!

Register **here** to meet us in our Long Reach garden
Saturdays 11:30am-1:00pm
08/29/2026-10/03/2026

This program is funded through a partnership with Howard County Youth Engagement Programing (YEP!)

www.sistersforhealth.org
a 501(c)(3) nonprofit organization
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