

# gardening 4 life

a gardening project for everyone



get out get active

# get out get active



Groundwork will be on the Edgecombe Estate, Southfields, starting in late May 2009 on Wednesdays from 10am–12pm by the pond area.

Come and join us, meet your friends, get outside and get some light exercise.



Activities will include wild flower planting, making bird boxes, and some light gardening. Everyone will be able to take it at their own pace.

For more information contact the Get Active team on 0208 812 7614 or email them at [getactive@wpct.nhs.uk](mailto:getactive@wpct.nhs.uk).

NHS Wandsworth is part of the Change4Life movement. In order to maintain a healthy weight we need to both eat well and move more. Many families are making changes that will help them live healthier and longer lives. Visit [www.nhs.uk/Change4Life](http://www.nhs.uk/Change4Life) or call 0300 123 4567 for more information.