EAP Lunchtime Wellness Program

Webinar

Gardening:
Work Less,
Enjoy More

During this time of COVID-19, gardening has taken on an even more beneficial outlet. Join us for this webinar presented by Pam Taft, Cornell Cooperative Extension Master Gardener, who will guide us through making decisions to better accommodate life changes. Among the topics covered will be placement and size of gardens, health habits for gardening, gardening strategies to reduce the workload, and plant selection.

Presenter: Pam Taft, a retired Physical Therapist, has been a Master Gardener with Cornell Cooperative Extension since 2004.

To Register:
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Thursday, June 18
Noon—1:00 pm

Register to receive the Zoom meeting invitation

HTTP://WWW.ALBANY.EDU/EAP/EVENT_SIGN-UP.HTM