



FEED YOUR MIND: MENTAL HEALTH THROUGH CONTAINER GARDENING

AT HOLISTIC CONSULTATION



Join Holistic Consultation in exploring the mind body connection as we design and build salad container gardens. Through this meditative practice, participants will learn about the mind-body connection and explore the link between nutrition and mental health.

Course content will also explore building salads and making salad dressing from scratch. Class sizes are capped to provide an interactive experience. Each participant will have a choice between salad greens, herbs, and additional seeds to sustain growth through the season.



Facilitator Andi Gregorek

Cost: \$25, scholarships available upon request

When: April 2, 2022 9:30 am and 11:00 am

Where: Hoover Gardens and Gifts, 182 N. Sunbury Road, Westerville, Ohio 43081

How to register: Spaces are limited; email groupseholisticconsultationllc.com to reserve your space

Learn More & Register

