

Growing Health

Gardening for wellbeing

Tuesday 6 December 2016, 10am - 4.30pm
Sustain, Development House, 56-64 Leonard Street,
London, EC2A 4LT (near Old Street Station)

A conference on gardening and food growing for mental health and dementia, plus workshops on evaluating community growing projects.

This conference is targeted at food growing projects and health professionals. It will include:

- Speakers from MIND, Growing Support, General Practice, Lewisham Clinical Commissioning Group and mental health gardening projects including the latest research on community gardening and dementia.
- Workshops on 'Which tool to use' to help projects evaluate gardening activities that deliver health and wellbeing benefits.

Full speaker programme to be announced.



£35 early bird before 6 November / £45 full price
(includes lunch)

To book visit <https://growinghealth.eventbrite.co.uk>