



## Grow Healthy at Harlow Close Community Plot, Thatto Heath

Learn how to grow your own with Grow Healthy!

We run free, weekly, 2 hour sessions in a fun and informative atmosphere down on Harlow Close Allotments, Harlow Close off Sutton Heath Road, Thatto Heath, just look for the green gates!

Just turn up at one of the dates below or call Liz for info on 0151 726 2767

### Activity Programme for July - September 2010

Dates and Times	
July	Saturday 10 July : 10.30 - 12.30 Wednesday 14 July : 1 - 3 Saturday 24 July: 10.30 - 12.30 Wednesday 28 July: 1 - 3: <i>Open day, come and see what we get up</i>
August	Saturday 7 August: 10.30 - 12.30 Wednesdays 11 August: 1 - 3 Saturday 21 August: 10.30 - 12.30 Wednesdays 25 August: 1 - 3 Saturday 28 August: 10.30- 12.30
September	Saturday 4 September: 10.30 - 12.30 Wednesday 8 September: 1 - 3 Saturday 18 September: 10.30 - 12.30 Wednesday 22 September: 1 - 3
Activities are all based on organic principles and will vary from week to week depending upon the season and what we are growing.	

Target: Well being aims to help people achieve healthier and happier lives. It's a programme of over 90 projects that increase exercise, encourage healthier eating and promote mental wellbeing. Funded by 8.9m for the National Lottery through the Big Lottery Fund, it's managed by Groundwork for the benefit of targeted disadvantaged communities across the Northwest.

