

Living Made Easier GARDENING

JUNE 12, 2018

Victory Centre of
Vernon Hills

97 W Phillip Rd,
Vernon Hills, IL 60061

2:00-4:00pm
Check-in at 1:45pm



Gardening Made Easier

This free, 90-minute interactive program will discuss the health and emotional benefits of gardening and techniques and tools to make gardening easier on your joints, less exhausting and much more enjoyable.

The program will be facilitated by a health care provider and Arthritis Foundation staff member. You'll also hear from other people who have arthritis about their gardening techniques and have the opportunity to share your own. During the program, guests will participate in a potting party and test easy to use gardening products.

*This event is free. Space is limited. **Advance registration REQUIRED***

To Register contact Theresa Woods

twoods@arthritis.org or (312) 883-6106



Living Made Easier events show you how you CAN beat those daily obstacles created by arthritis and say Yes more than No – from cooking to gardening to daily living. Join us for an event in your community!

Living Made Easier