

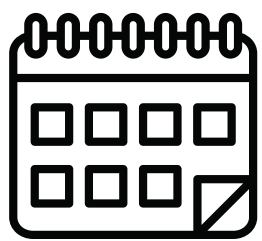


Suicide
Prevention
Network

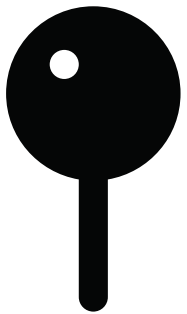
Mindful

GARDENING

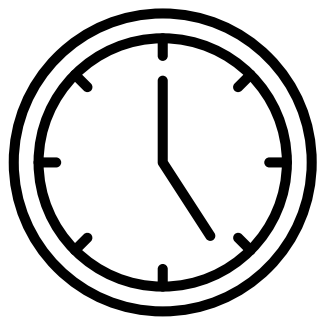
Join us for a **FREE** calming, hand-on activity to connect with nature, encourage growth, and nurture yourself.



**Just a Drop In Farmers
Market**



**Heritage Park
Gardnerville, NV**



**Wednesday, June 24th
8:00 AM - 1:00 PM**

**A FREE
activity
for all ages!**



WHAT TO EXPECT:

- Plant seeds with affirmation or goal on plantable seed paper
- Take home a reminder to nurture yourself
- Connect with nature and encourage growth



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