

# Netherthorpe and Upperthorpe GREEN GYM 2002 ORGANIC GARDENING FOR HEALTH

JOIN IN! Growing and eating Organic food is good for you.

S.O.F.I. invites you to experience the health benefits.

Come and visit our lovely local allotment gardens.

Learn all about growing organic food with a friendly group of local people.

## **THURSDAY AFTERNOONS:**

### **WOMENS' COMMUNITY ORGANIC ALLOTMENT**

**Meet at 1 p.m. at Walkley Library (Tel: 2853364)**

## **FRIDAYS: SHEFFIELD ORGANIC FOOD**

### **INITIATIVE ALLOTMENTS in Crookes**

**Meet at 10 a.m. at the Healthy Living Centre /  
Upperthorpe Library (Tel: 2686727)**



*We can pay your Transport and Childcare expenses.*

The Green Gym is funded by the NUCA Community Chest & is part of the Healthy Living Centre's Energize programme.