

GROW ME HAPPY!

Learn how to grow
tasty microgreens,
herbs and vegetables
at your own home.

WEDNESDAYS 1.00 - 2.30PM
11th November to 2nd December 2020



DURING THE COURSE YOU WILL:

- Learn how to grow microgreens from seed
- Take herb cuttings
- Plan a mini vegetable garden
- Plant up an indoor herb trough
- The purpose of the course is to discuss a different Wellbeing Topic every week in a relaxed atmosphere.
- Providing a fun activity for women to increase confidence, make new friends, talk and improve outlook on life.

For more information about any of our services
please contact us:

 **01254 392974**

 referrals@lancashirebmenetwork.org.uk

**LANCASHIRE
BME NETWORK**



Leading change through empowerment

www.lancashirebmenetwork.org.uk

Suite 412, Daisyfield Business Centre,
Appleby Street, Blackburn, BB1 3BL.