



ASHLAND GARDEN CLUB

info@AshlandGardenClub.org

We are pleased to invite our members and the public to this very interesting and informative presentation. Start your gardening season off with the knowledge that will keep you safer and happier.

"Ergonomic Tips For Happier Gardeners"

Presented by Mary Panda

Mary Panda is a physical therapist and a certified hand therapist with over 30 years of experience. She is a resident of Ashland and has been involved with the Ashland Community Gardens since its inception. She is eager to share her knowledge of body mechanics and injury prevention as well as ergonomics and garden tool use with those who share her passion for being outdoors, getting exercise and appreciating nature.



Date: Saturday, May 4, 2013
Time: 10:00 am - 11:30 am
Place: Ashland Public Library
Front Street, Ashland

Admittance for this event is free.



Light morning refreshments will be provided by garden club members.