

# Evergreen Heritage Center



## Family Fun in your Backyard

*Be healthy and active with  
the whole family.*



Sunday, May 6  
1-4pm

## Environmental Wellness Open House



The **Evergreen Heritage Center 2012 Season** will begin this May with an afternoon Environmental Wellness program for adults and children of all ages. This program, provided in partnership with the Western Maryland Health System, will be held **on Sunday May 6<sup>th</sup> from 1pm to 4pm**. Activities will include:

- **Learn to Grow:** Learn how to plant a “kitchen” garden that can provide food for the family.
- **Water Wise:** Learn about the importance of water and how to conserve it.
- **What’s for Lunch:** Learn how to identify plants and insects in the garden.
- **Take it Outside:** Learn about outdoor activities that the whole family can enjoy.
- **Harvest Time:** Learn how to harvest vegetables and herbs from the garden and prepare food for the family table.

**Seeds for planting, shower timers, bug boxes, and recipes will also be provided to attendees. Pre-register to reserve your space and your goodie bag!**

**Tours of the Evergreen Museum and Barn will also be available.**

**For more information and to register, please visit our website [www.evergreenheritagecenter.org](http://www.evergreenheritagecenter.org), call 301-687-0664, or email us at [foundation@evergreenheritagecenter.org](mailto:foundation@evergreenheritagecenter.org).**

Partners



Western Maryland Health System



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