



**WHAT:** A day to celebrate the benefits of gardening for our mental and physical health and wellbeing. Beautiful music, useful advice, reach out to a friend in need, share positive actions.

**WHERE:** TANBY GARDEN CENTRE

**WHEN:** 24th March 2019 from 9.30am

**WHO:** Will Hearn Music (10am)

“he connects through heartfelt soulful storytelling, his love for music comes from sharing it. ... his songs - sonically raw, ambient, and intimate - take you on a journey of love and beauty.”



**Delaney Cheal - Tools & tips for managing anxiety.**

Delaney is “passionate about health, teaching yoga, community connection, love and bringing people home to themselves”



Tanby Garden Centre sincerely thanks all contributors.

[#gardenrelefaustralia](#) [#30greenminutes](#) [#beyondblue](#)

[www.tanbygardencentre.com.au](http://www.tanbygardencentre.com.au)



## WHAT ELSE

Healing Rays  
Acupuncture &  
Chinese Medicine

Kim & Claire  
doTERRA  
Essential Oils

Healthy Herbs  
& Free Potting  
Station

Sausage sizzle by  
Armstrong Street  
Community  
Gardens

Coffee Hub open

Pot Painting  
Workshop 12.30  
Bookings  
essential

Lucky Door Prize  
Garden Starter  
Trug of Goodies

All proceeds to:

