

Healthy Moves For Gardeners: Creative Strategies For Strength, Flexibility And Injury Prevention

JULY 14!



The Dudley Farm

At the farmers market -

Times: 9:30 / 10:30 / 11:30

Date: Saturday, July 14th

Location: 2351 Durham Rd

Guilford, CT 06437

For more info:

Farm: (203) 457-0770

Katy: (860) 930-0890

Email:

gardens@dudleyfarm.com

Bending, Lifting, Squatting, Pulling ...

No Doubt ...GARDENING IS A WORK OUT!

Learn:

- **Simple tips for making gardening easier on your body**
- **Better bending and lifting habits for a pain free back**
- **Alignment fixes for pesky neck and shoulder issues**
- **Ways to stretch and strengthen while working**

These 30 minute sessions are offered **FREE**. Any donations toward the event will be welcomed and shared between the instructor and The Dudley Farm Foundation.

Instructor: Katy Forline is a Movement Educator, Massage Therapist and owner of [Move2Joy LLC](#) in Durham, CT. Brief workshops will be offered throughout the day. Come join in the fun!

