

New! Gardening Group

A new, friendly gardening group is starting soon just beside Prestonpans GP Practice. Join us to meet new people, get active, and get gardening together. Phone or text Sam Tenzin for more information 07974 595 942.



withyou
at East Lothian
Community Links

wearewithyou.org.uk

Gardening is good for you

Whether you are a beginner or an expert, come along and share the experience of gardening here in Prestonpans.

There are many benefits to be gained from gardening; it can improve your mood, reduce stress and lower blood pressure to name just a few. Prestonpans GP Practice is supporting the gardening group as a great way for their patients to get active.

We'll share gardening ideas that you can use at home; whether you have a few pots or a whole garden.

**The group is on
Wednesdays at 11-12.30pm.**

As we are outdoors, please wear comfortable shoes and warm clothes. You'll be welcomed with a smile, a hot drink and a snack.

Get in touch with Sam Tenzin on 07974 595 942 for more information.

