

“Gardening for All”

with Ellen S. Gibson of [Maine AgrAbility](#)

Our mission: to assist farmers and gardeners with challenging health conditions to continue to work safely and productively.



As much as we love gardening, it can take a toll on the body. Aging, back pain, arthritis, and other physical issues can limit the ability to do the things we want to do. This workshop demonstrates how subtle changes in work practices can reduce stress and strain. Topics include the difference between physical activity and exercise, assistive technology, conserving mental and physical energy, and avoiding slips, trips and falls. Ergonomic gardening tools will be demonstrated and participants will receive information for how to order tools and find further resources.

This workshop is offered by [Maine AgrAbility](#), which works with farmers across the state who have physical challenges that threaten their ability to continue to farm, providing information and referral, assistive technology, peer support, and on-farm assessments.

Topsham Garden Club

**Wednesday, November 14, 2018, at 12:00 Noon
at the Topsham Public Library, [25 Foreside Road](#)**

The public is cordially invited to attend.

Bring a "brown bag" lunch and join [Topsham Garden Club](#) members after the presentation for dessert & coffee (provided by the club).

All are welcome at the brief Business Meeting following refreshments and socializing.

www.TopshamGardenClub.com