



Weeding Out Aches & Pains: Exercises for Gardeners

PRESENTED BY ELISABETH KASCKOW,
WYANDOTTE COUNTY EMG

Thursday, September 7 – 11:30 am

WYANDOTTE COUNTY EXTENSION OFFICE:
1200 N 79TH ST. KCK 66112

Elisabeth will guide us through a series of exercises that can be done in or out of the garden to counteract the stresses and strains we inflict upon our bodies when we garden.

Wyandotte.ksu.edu

913-299-9300

K-STATE
Research and Extension

Master Gardener
Wyandotte County

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact (iJo Mlelamd) two weeks prior to the start of the event (913-299-9300 and jmcMahon). Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.



Cooking from the Garden

PRESENTED BY LORI WUELLNER,
WYANDOTTE COUNTY EXTENSION FCS AGENT

Thursday, June 1 – 11:30 am

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1200 N 79TH ST. KCK 66112

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