



edmonton  
SOCIAL PLANNING COUNCIL

OCT  
04

WEDNESDAY  
NOON

# LUNCH & LEARN

BRING YOUR LUNCH FEED YOUR MIND

**FREE**  
ADMISSION

Join us in our series of free lunchtime talks about social issues and learn about diverse ways to help create a community in which all people are full and valued participants.

## COMMUNITY GARDENS: GROWING FOOD AND BUILDING COMMUNITY

Cynthia Zutter  
Volunteer



Jennifer Rees  
Volunteer

*Community gardens have a number of positive impacts, which include increasing access to fresh fruits and vegetables, improved physical and mental health for gardeners, and helps facilitate social connections that build a sense of community and belonging. For this Lunch & Learn event, we will learn about the work of the Green & Gold Community Garden, which has been operating at the University of Alberta's South Campus since 2009. We will learn more about its history, mandate, and ways in which it is building a strong community in Edmonton as well as empowering economically marginalized women in Rwanda through its partnership with the Tubahumurize Association.*

OCTOBER  
★ 04

UNIVERSITY OF  
ALBERTA -  
SOUTH CAMPUS

12:00 NOON

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