

VOLUNTEER With Us!

Consolidated Tribal Health Project needs your help in the CTHP community garden

Volunteer hours are: Tuesday through Friday
8:00 a.m. to 12:00 p.m.

Can't commit to 4 hours?

No problem, volunteer hours are flexible.

Volunteers are welcome to come anytime , for any length of time

Tuesday - Friday between 8:00 a.m. and 12:00 p.m.

Lunch Provided

BENEFITS OF GARDENING

1. Improves mood and lowers stress levels
2. Decreases risk of depression
3. Improves dexterity & strengthens muscles
4. Improves heart health
5. Increases vitamin D
6. Supports healthy immune system
7. Lowers risk of dementia

For more information please contact
William Feather at 707-234-2510
Or
Doris Sloan at 707-467-5644



Contact Doris Sloan in the Outreach department to review and sign a waiver form and pick up a visitors badge

