

Take a healthy dose of nature



Conservation
Volunteers Australia



Green Gym @ The Habitat Nursery

Wednesdays

10am -1pm & 1:30pm – 4pm

**Free pick up and drop off from central location available
Starting mid-October**

Green Gym - is a **FREE** program for anyone aged 50-80 in practical conservation that aims to improve health, wellbeing and create vibrant community spaces. It's **outdoors**, it's **fun** and you'll be **learning** new skills and **giving** back!

The Habitat is a volunteer community run nursery that provides native plants to the local community. You will gain skills in planting, potting and seed collection while also learning all about local natives! The Habitat is set along the beautiful Santa Rosa Park, which will be planted as part of our conservation efforts.

Join Us Today!

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cva.org.au/green-gym

