
PARKS AND RECREATION DIVISION

FOR IMMEDIATE RELEASE

For more information contact:

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July 22, 2024 - Grinnell Hall Senior Center, 631 Bluff St., is hosting several upcoming presentations that are free and open to all.

Rock Prairie Master Gardeners; 1pm Wednesday, July 31. Learn why to create a pollinator garden, how to use of native plants to help native pollinators, the best location of the garden, and how to maintain your garden.

All Star Senior Snacks; 9:30am Friday, July 26. Learn easy ways to incorporate fruits and vegetables into your daily snacking routine, increase your fiber intake, and become more mindful of saturated-fat and added sugar options. Watch a food demo with samples to taste and enjoy a great discussion! Presenters are from UW-Madison Division of Extension.

Mental Health Information, 10am Tuesday, July 23. Mental health affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Join Fatima Sidime and Amy Liang, interns at Rock County Public Health, as they share information on how to take care of yourself. They will share some tools you can use in the privacy of your own home. Feel free to bring your laptop, iPad or smartphone to learn about free and confidential web-based tools.

For additional information, please call Grinnell Hall at 608-364-2875.

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