

Please join us for a Wellness@Work Lunch-and-Learn!

GROW WHAT YOU EAT

Wednesday, February 15
Noon to 12:45 p.m.
Transit Training Room,
6900 Millhouse Road



- Learn how to grow your own veggies
- How to choose a garden site
- Soil improvement techniques
- Organic pest control
- Varietal selections of vegetables that will assure success

Presenter:

Dr. Carl Matyac, Director of the Orange county Extension Center.
Dr. Matyac is our local plant doctor and has taught horticulture for over 25 years in the Triangle Area.



Lunch will be provided!

Please RSVP to Liska Lackey by 5 p.m. Monday, February 13,
at llackey@email.unc.edu or 919-968-2796.



wellness @work
UNC HEALTH CARE | FAMILY MEDICINE
TOWN OF CHAPEL HILL

