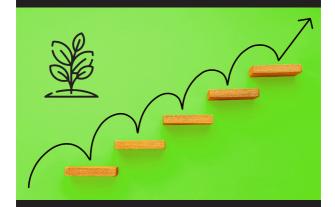
## HORTICULTURE PROGRAM



Improve your mental, physical, social and emotional well-being through group-based horticulture workshops.

## **Activities:**

- Plan and maintain vegetable and flower gardens: designing, sowing, planting, watering, weeding, harvesting.
- Greenhouse production: sowing, cuttings, reporting, maintenance.
- Botanical arts: floral arrangements, collages, crafts.

## Contact:

servicesderetablissement.comtl@ssss.gouv.qc.ca

Centre intégré universitaire de santé et de services sociaux de l'Ouest-del'Île-de-Montréal

