



**Retire  
Active  
SA**

## Edible Garden Club

### About the group

There are so many benefits of gardening. From increasing your fitness, endurance, strength, mobility and flexibility, to helping you relax, gardening is the ultimate wellbeing activity.

In addition, there are a range of health benefits of growing and eating your own food. With no harmful pesticides or toxins, homegrown produce is beautifully fresh, nutrient-dense and more flavoursome than supermarket food. It is also better for the environment, eliminating packaging waste and 'food miles' driven.

The Retire Active SA Gardening group meet monthly to enjoy each other's company whilst nurturing their green thumbs! This group is suitable for anyone, no matter what previous gardening experience they've had.

### Group details

The Retire Active SA Gardening group meet in each other's gardens at 1pm on the third Thursday of the month. The group also organises occasional excursions on an ad hoc basis.

### Interested in joining the group?

Please contact Rob Gray on [robgray06@optusnet.com.au](mailto:robgray06@optusnet.com.au) for more information or to get involved.

[www.retireactivesa.com.au](http://www.retireactivesa.com.au)