



*It's not what you grow, it's how YOU grow!*

## **Rooting Plants and Nurturing Minds**

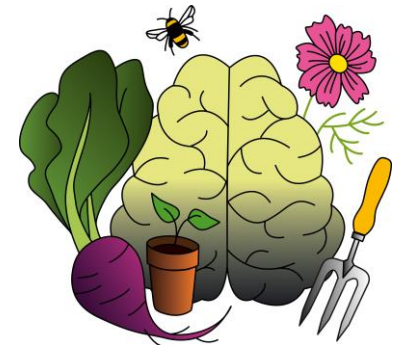
Annabelle Padwick



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**DrystoneRadio**  
Your Station, Your Voice, Your Community





# Peppermint



Eases Headache Pain  
Decreases Indigestion & Nausea  
Clears Respiratory Passages

and....

**EDIBLE!!**





# Lavender



Calming/Stress Relief  
Relieves Insomnia  
Decreases PMS symptoms

and....

**EDIBLE!!**





# Jasmine



Relieves Muscle Spasms  
Reduces Scars  
Decreases PMS symptoms





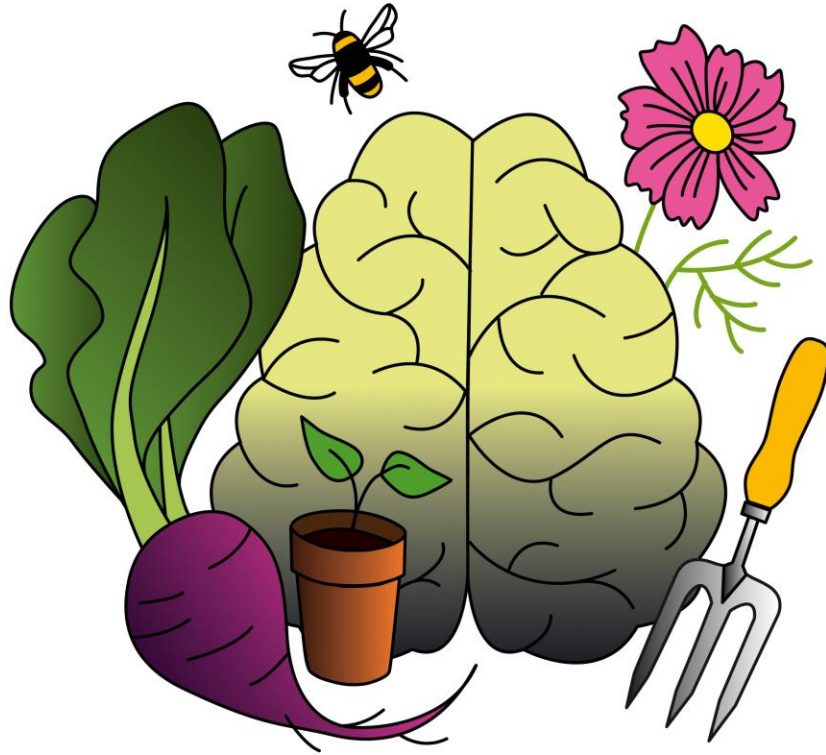
Hope,  
Grow,  
Believe





# Life at No.27





# NATIONAL GROWING FOR WELLBEING WEEK

1st – 7th June 2020







# THANK YOU!

