

# Connections Support Group

Join us as we explore  
the benefits of  
Horticulture Therapy

- ❖ Our Director of Dining Services, Drew will discuss the importance of our farm-to-table approach.
- ❖ We will also discuss the main food groups that have been proven to have a positive impact on your mental strength.

**“Gardening is the art that  
uses flowers and plants as  
paint, and the soil and sky as  
canvas.”**

**-Elizabeth Murray**

**Where:** Poet's Walk  
4050 Sunrise Road,  
Round Rock, TX,  
78665

**When:** Thursday,  
March 28, 2019

**Time:** 1pm-3pm



Please RSVP by March 25, 2019 to Gracie Lopez at  
[glopez@spring-hills.net](mailto:glopez@spring-hills.net) or call 512-255-6009