



**NEWS RELEASE**  
**May 8, 2013**

### **National Gardening Exercise Day**

Come out and enjoy the health benefits and joys of gardening! The City of Santa Maria Recreation and Parks Department invites active adults to join in on the festivities and celebrate National Gardening Exercise Day on Thursday, June 6, 2013 at the Elwin Mussell Senior Center, 510 E. Park Ave, and beginning at 10:00 a.m.

The Central Coast Gardeners and the Central Coast Geranium Society will be offering an informative hands-on seminar to share their gardening expertise. Participants are encouraged to bring their own gardening gloves. The Geranium Society will also be providing plants to those in attendance (while supplies last). Pre-registration for this free activity is required by calling (805) 925-0951 ext. 207.

Questions may be directed to the Recreation and Parks Department, 925-0951 ext. 260.

<b>Department:</b>	<b>Recreation and Parks Department</b>
<b>Contact Person:</b>	<b>Dennis Smitherman, Recreation Supervisor</b>
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