



GARDENING WITH SENIORITY

A Martin-Leese Lecture – free and open to the public!

NEW DATE: June 20, 2024, 2024 ♦ 7:00 pm

Presenter: Maryann Mawhinney

Maryann Mawhinney, Penn State Master Gardener of York County for 25 years, is also a retired registered nurse. She enjoys the opportunity to combine gardening and nursing knowledge in presenting on gardening with arthritis or fibromyalgia and garden safety.

**Warehime-Myers Mansion
305 Baltimore Street, Hanover, PA**



If you've always loved the pleasure of tending your own garden, you don't have to give up the fresh vegetables and flowers just because you are older or have arthritis. As we age and develop some physical limitations, there are new tools in varying lengths and gadgets that will make gardening easier, more efficient and more enjoyable. Gardening is a great activity for maintaining joint flexibility, range of motion and quality of life. A few simple modifications and exercises can help you keep your garden growing with ease.

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