



# COUNTY OF YOLO

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**FOR IMMEDIATE RELEASE**  
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## Winter Gardening Class December 8

**(Woodland, CA)** – Attention Yolo County winter gardeners and garden enthusiasts! The Hanna and Herbert Bauer Community Garden in Woodland is hosting a class entitled, “Build a Healthy Plate and a Healthy Body with your Winter Garden” on Monday, December 8, 5:15 to 6:15 p.m. This indoor class is free and open to all; no gardening experience necessary.

This class, taught by Yolo County Health Services Nutrition Education and Obesity Prevention staff, will help participants learn to incorporate winter vegetables into a healthy diet and will also provide tips on how to include yoga-based stretches into fitness routines to stay healthy and fit for gardening. The class will highlight winter vegetables that grow well in Yolo County, include a taste of some winter vegetable dishes and include recipes to take home.

Yolo County’s Hanna and Herbert Bauer Community Garden education program is committed to offering garden-based nutrition and physical activity classes to help the community grow, eat fresh food and live healthier lives.

Pre-registration by Friday, December 5 is required for this class. Contact Robin Rocksvold with the Yolo County Health Services Department to register at (530) 666-8528 or [robin.rocksvold@yolocounty.org](mailto:robin.rocksvold@yolocounty.org).

This class will meet inside the Yolo County Health Services Department Bauer Building at 137 N. Cottonwood Avenue in Woodland. Once inside, attendees should go to the Williams Room on the first floor. Dress comfortably for stretching exercises.

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