

# Like to garden but don't have the space?

**Need a way to stay active while helping your community?**

## Become a Garden Angel!

Join our LiveWell Kids obesity prevention program by volunteering as a Garden Angel. While Redondo Beach elementary students learn about nutrition and the importance of growing their own produce, Garden Angels are trained on how to help keep our vegetables growing. **Willing to work with your availability!**

### Benefits of Volunteering with Garden Angels:

- It can be **great exercise!** Depending on the garden activity, you are using many different muscle groups and increasing your flexibility and strength.
- Volunteering contributes to **greater levels of trust and norms of reciprocity** in a community.
- 73 percent of volunteers feel that volunteering **lowered their stress levels.**

Get started! Learn more at:

**[bchd.org/volunteer](http://bchd.org/volunteer)**

or call us at 310-374-3426, ext. 246.



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