

# Gardening with the Buffalo Botanical Gardens



**This is a virtual event  
Call and RSVP today  
to get access to Lifesize.**

## DETAILS:

Self care is very important, especially during these cold, winter months when we have limited sun light. A great way to bring a little bit of the outdoors inside your home is by taking care of plants!

Learn how to plant and take care of succulents and how they can have a positive impact on your mental health. We'll even have three, six and twelve month check-ups to make sure your succulents are thriving!

**Wednesday, January 19th from 6:00 - 7:00 p.m.  
You can arrange to pickup your kits when you RSVP.**



COVID protocols will be in effect so please be sure to mask up and practice the six-foot social distance rule.

**This event is for youths  
ages 24 and under and  
their families RSVP:  
Jennifer Stebbins  
716.532.5583 ext. 5433  
jstebbins@senecahealth.org**