

the
Kirkby
Lonsdale **WI**

Established 2020 INSPIRING WOMEN



Growing Well

Wednesday 1st March, 7.30pm
The Lunesdale Hall

Mary Smith



Mary will share with us how her background in rural and food development led her to her current role of Chief Executive at Growing Well, the Kendal based charity where she helps to make the organisation more sustainable. It is here that adults who are experiencing mental ill health flourish in the calm and caring environment that nature and Growing Well provide, and the fruits of their labours include a successful veg box scheme and grow-to-order wholesale contracts.

Non-members, * gentleman included, and members from other WI branches are welcome to attend at the cost of £5.00

For further information: **Tel:** 015242 98587, 07765480943 **email:** kirkbylonsdalewi@gmail.com

 Kirkby Lonsdale WI  @kl__wi  [kirkbylonsdale_wi](https://www.instagram.com/kirkbylonsdale_wi) **Web:** www.klwi.com