



Lexington Manor Passive Park Community Garden

Coming Soon in Spring 2023!

Physical, Environmental & Mental Health Benefits



Community gardens offer physical, environmental & mental health benefits!

- Physical activity & skill building
- Great cardiovascular exercise
- Beautifying public parks
- Improving social well-being through stronger community connections
- Stress reduction and mindfulness



Nutritional and Health Benefits



Community gardens offer many nutritional and health benefits!

- Increased access to healthy, fresh fruits and vegetables at a lower cost
- Increased food security
- Reduced obesity rates
- Higher food quality
- Vegetables are high in fiber and a good source of nutrients



Coming Soon Spring 2023



COMING SOON!

**Lexington Manor Passive Park
Community Garden**

For more information visit:
healthystmarys.com/communitygarden



ST. MARY'S COUNTY
HEALTH DEPARTMENT



Lexington Manor
Community
Garden
Passive Park

More information about the LMPP Community Garden

Scan the QR codes with your smartphone for more information!



Check out the LMPP Community Garden webpage!



Provide feedback on the planning of the community garden with this survey!



Learn more about the health benefits of gardening with this video!



“Like” LMPP Community Garden on Facebook!

For additional questions,
please email Healthy St. Mary’s Partnership (HSMP) at
stmaryspartnership@gmail.com