

# EVENT PRESS RELEASE

## CONTACT INFORMATION:

**Live Healthy Houma**

**Amanda Gibson**

**985-873-6495**

**AGibson@agcenter.lsu.edu**



## FOR IMMEDIATE RELEASE

### **Live Healthy Houma to Host Planting Day Grand Opening Celebration at Harmon Park**

[Houma, LA] – Live Healthy Houma will host Planting Day Grand Opening Celebration taking place at Harmon Park (445 Magnolia St, Houma, LA 70360) on Saturday, September 7, 2019.

Join us for a ribbon cutting celebrating a new community garden! The community will gather to plant produce and participate in other family-friendly activities. Nutrition information and healthy samples will also be available.

“The garden came about as a result of a community needs assessment conducted by LSU AgCenter as a way to include better access to fresh produce in the downtown Houma area. The produce will be donated to Bags of Hope, to provide food insecure children and their families’ food over the weekends. We hope that the garden will also serve as a field site for learning about gardening, proper nutrition and other beneficial information,” Said Amanda Gibson, RD, LDN.

Live Healthy Houma's mission is to improve the quality of life for all citizens of downtown Houma through policy development, environmental change and lifestyle programs that promote healthy living.



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