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## National Gardening Exercise Day

May 22, 2021



Every year, June 6 is National Gardening Exercise Day. This is a day when we are all encouraged to maximize the benefits from gardening by adding some stretches and a few extra steps or squats. To celebrate this, and in collaboration with Del Norte County Public Health, The Del Norte County Public Library will be giving away 50 free gardening exercise themed gift bags during the week of June 1.

To reserve your gardening exercise gift bag, simply give us a call at 707-464-9793. (Gift bags available while supplies last.)