



Gateway  
Community  
Health Centre  
*Every One Matters.*

Please contact **Jessica Donaldson**  
(nutritionist) 613-478-1211 to learn how  
to get involved!

**Want fresh local produce next summer, for FREE?  
Don't have garden experience or space?**



**Become a Tweed Community Garden Member!**



**FOR YOU, BY YOU!**

The Tweed Community Garden  
promotes community involvement and  
food security for everyone. The garden is  
run by the people who use it.

SUPPORTED BY:



**Ontario**

South East Local Health  
Integration Network

Réseau local d'intégration  
des services de santé  
du Sud-Est