For Immediate Release – May 2, 2019

Gardening Classes for Cancer Survivors and Their Families
Harvesting Hope begins May 29 in Green Bay

Green Bay – HSHS St. Vincent Hospital Cancer Centers invites cancer survivors, and their families, to participate in a series of classes designed to demonstrate the health benefits of gardening.

The series, Harvesting Hope, is comprised of three hands-on, fruit and vegetable gardening classes: Starting a Garden, Garden Troubleshooting and Myth Busting and Fall Harvest. Participants can choose to take one, two, or all three classes, which are held in the cancer center garden at HSHS St. Mary’s Hospital Medical Center, 1726 Shawano Ave., in Green Bay.

Each class is led by a horticulturist and registered dietitian, who will provide education about the nutritional value of fresh produce and local food sources.

“Plant-based eating is linked to the reduction of inflammation, cancer risk and mortality,” said Stephanie Lazzari, registered dietitian at HSHS St. Vincent Hospital Cancer Centers. “Gardening as an activity is also a form of moderate exercise and can help to reduce stress and enhance mental clarity.”

Harvesting Hope Gardening Classes

- Wednesday, May 29; 5:30 to 6:30 p.m. – Starting a Garden
- Tuesday, July 23; 5:30 to 6:30 p.m. – Garden Troubleshooting and Myth Busting
- Thursday, Sept. 19; 5:30 to 6:30 p.m. – Fall Harvest

Each class will also feature salad, appetizers and beverages for each participant to enjoy. Those interested should register at: www.stvincenthospital.org/harvesting or (920) 433-8488. Registration is $5 per person. Space is limited to 20 people per class.

All of the food produced in the Harvesting Hope program is donated to those in need in the Green Bay community. In 2018, Harvesting Hope produced 212 lbs. of produce for local pantries.

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About HSHS St. Vincent Hospital Cancer Centers
HSHS St. Vincent Hospital Cancer Centers includes the largest group of oncologists in Northeast Wisconsin and provides patients access to state-of-the-art diagnostic and treatment technologies, as well as multiple supportive therapies at five locations throughout Northeast Wisconsin. It has been accredited by the Commission on Cancer for more than 55 years and is recognized as an Integrated Network Cancer Program – the highest level of accreditation possible for a non-
teaching hospital. With decades of experience and a passion to provide patients the best care possible, HSHS St. Vincent Hospital Cancer Centers works directly with the National Cancer Institute to bring people in the Northeast Wisconsin region access to the newest, leading-edge cancer clinical trials, drugs and prevention studies. For more information, visit www.stvincenthospital.org/cancer.

**About Hospital Sisters Health System**

Hospital Sisters Health System’s (HSHS) mission is to reveal and embody Christ’s healing love for all people through our high quality, Franciscan health care ministry. HSHS provides state-of-the-art health care to our patients and is dedicated to serving all people, especially the most vulnerable, at each of our 15 Local Systems and physician practices in Illinois (Breese, Decatur, Effingham, Greenville, Highland, Litchfield, O’Fallon, Shelbyville and Springfield) and Wisconsin (Chippewa Falls, Eau Claire, Oconto Falls, Sheboygan, and two in Green Bay). HSHS is sponsored by Hospital Sisters Ministries. For more information about HSHS, visit www.hshs.org. For more information about Hospital Sisters of St. Francis, visit www.hospitalsisters.org