

# Grow with Us: Wellness Weeks Planting Campaign!

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Hey Seneca Polytechnic students! Get ready to put your green thumbs to work because we've got an exciting campaign coming your way as part of Wellness Weeks at Seneca!

**Purpose of the Campaign:** Join us in nurturing your own little piece of nature by painting a ceramic planter and planting a vegetable of your choice. But that's not all - we want you to document the growth of your plant over the next month!

**How to Participate:** Starting on **March 25th**, simply paint your ceramic planter, plant your chosen vegetable, and then post pictures of your progress on Instagram or Twitter. Make sure to tag us at [@senecastudentlife](#) on Instagram and [@senecalife](#) on Twitter so we can see your greenery thrive! You can submit pictures until final grades are posted on April 29th.

**Campaign Length:** This exciting journey will span two wonderful weeks, **from March 25th to April 29th**. So, get ready to watch your plant grow and show us how you're taking care of it!

**Dates and Locations:** These events will be happening right in the heart of the action - **the P2P Lounge!** Here are the dates and locations you need to mark in your calendar:

March 25th: S@Y 1:30-3:00, RM: S1201

April 2nd: NH 1:30-3:30, Rm: D2014

April 2nd: King Campus 1:30-3:30, Rm: MH3000

April 5th: SIA Campus 1:30-3:30, Rm: Sandbox - Library

**Bonus:** Yes, you will get to paint, plant, and KEEP your final product. It is your takeaway from the event.

**Giveaway:** In addition to the joy of nurturing your own plant, we'll also be holding a random draw on **April 30th!** The lucky winner will receive a Modern Sprout Hydroponic Grow Kit, allowing you to enjoy fresh home-grown herbs right in your own home.

So, Seneca students, are you ready to watch your plants grow alongside your skills during Wellness Weeks? Get those creative juices flowing, and let's make this campaign a green and vibrant success!

tags : [blog-wellness](#), [peer2peer](#), [student-life](#), [wellness-blogs](#)