

SPORT CENTRE  
ATHLETIC TRAINING

★ **RUNNING CLUB** ★  
FAMILY LEISURE  
★ ★ ★

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**GROW YOUR BUSINESS!**

★ ★ ★  
FAMILY LEISURE  
★ **RUNNING CLUB** ★  
ATHLETIC TRAINING  
SPORT CENTRE

**Seedsticks™ Growing Instructions**  
<Add seed name here>  
Seeds germinate in <add germination> days





- 1 Break off a Seedstick™
- 2 Push the pointed end into soil up to the depth line and water
- 3 Leave the stick in position as your new plant grows