



What is therapeutic horticulture?

Brown-Bag Lunch Agenda

10 August 2018 | 12-1 pm

“To nurture a garden is to feed not just the body, but the soul” (Alfred Austin). The purpose of this lunch session is to explore current research on best practices in therapeutic horticulture. What suggested techniques might work well for diverse populations here in Marathon County?

I. Brief Introductions

- a) Your Name
- b) Profession
- c) What are you hoping to gain today, or throughout these sessions?

II. A Review of Last Session – History & Objectives

- a) Improve the well-being of people in our communities
- b) Provide educational opportunities
- c) Focus on skill-building

III. Evidence-based Techniques for Gardens

IV. Evidence-based Techniques for Programs

V. Questions, Comments & Discussion

Future Brown-bag Sessions 12-1 pm at 212 River Drive, Wausau, Room #5

- **17 August 2018:** Documented benefits of therapeutic horticulture
- **24 August 2018:** Discussion of your specific needs related to horticulture

Please contact Brianna Wright (brianna.wright@ces.uwex.edu; 715-261-1241) for information on participating via video conference. You may register to attend sessions at: <https://goo.gl/forms/G4TDRnkXAF94A1wf2>.

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