



What is therapeutic horticulture?

UPCOMING PROGRAMS

- **7/20/18 | WHAT IS THERAPEUTIC HORTICULTURE?**
Learn how therapeutic horticulture is applied for diverse populations.
- **8/10/18 | EVIDENCE-BASED TECHNIQUES**
Gain insight into therapeutic horticulture techniques that are considered 'best practices' in the field.
- **8/17/18 | WHAT ARE THE BENEFITS?**
Discover benefits documented for diverse populations in Wisconsin and beyond.
- **8/24/18 | WHAT ARE YOUR NEEDS?**
Discuss how UW-Extension can support YOUR needs through horticulture programming.

THERAPEUTIC HORTICULTURE **IMPROVES WELL-BEING** THROUGH INVOLVEMENT IN PLANT-RELATED ACTIVITIES

Therapeutic horticulture (TH) techniques support participants in learning new skills or help participants regain skills that were lost. Research shows that TH improves memory, cognitive abilities, task initiation, language skills, and socialization. In physical rehabilitation, TH has helped strengthen muscles and improve coordination, balance, and endurance. In vocational TH settings, people have learned to work independently, problem solve, and follow directions.

Participants in TH include individuals who have an identified disability, illness, or life circumstance requiring services. Activities are facilitated by professionals with training in horticulture and participation is in the context of the goals and mission of the organizations involved.

Are you interested in learning more about TH? Please consider signing up for one or more of our brown-bag informational sessions!



Please bring your lunch | All programs are scheduled NOON-1 PM
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