



♦ Growing Together ♦

Horticulture Wellness Programs for Older Adults

Rooted in the belief that growth is a lifelong journey, this innovative horticulture wellness program invites older adults to cultivate a connection with nature, themselves and their community.

Guided by a skilled horticultural therapist, sessions weave together practical education on nature and gardening while providing hands-on activities, mindful exploration and interactive discussions.

♦ Bloom and Grow | Gardening Workshops

These hands-on gardening workshops are designed to take place in an outdoor garden or inside on a tabletop. Participants find a sense of purpose, belonging and joy while creating and learning about gardens together.

♦ Senses Through the Seasons | Sensory Exploration

Participants are invited to slow down and interact with a collection of plants and natural objects that reflect the season and delight the senses. As participants share, listen, and observe, they cultivate not only their sensory awareness but also a deeper sense of calm and connection.

♦ Creative Roots | Garden Arts

Create art while working with plants and natural materials. Through guided, hands-on sessions, participants explore creativity, connect with nature, and enhance well-being, while fostering social interaction and a sense of accomplishment.

♦ Nature Connection | Learning Series

Increase learning opportunities with garden and nature related presentations. Designed to nurture both mind and spirit, each presentation offers engaging visuals and hands-on, interactive components.

Pricing

Seed Starter ♦ One time visit - \$200

Sprout Series ♦ 3 visits - \$550

Evergreen Year ♦ monthly visits - \$2,200

*Additional materials fees may apply depending on activity.

Each program is specifically designed for your group's needs and abilities.



For more information and to book a program email ♦ angie@nature-reconnect.com