

THERAPEUTIC HORTICULTURE: GARDENING IS HEALING



Saturday, June 9

9 a.m. to 4 p.m.

Community Cancer Center

407 East Vernon Avenue, Normal, IL 61761

\$40 Registration Fee

PROGRAM BACKGROUND

Utilize the knowledge of nature to provide therapeutic benefits for individuals in youth and adult programs! This day-long conference will provide hands-on experiences to demonstrate key concepts and theories for engaging people in gardening. Breakout sessions will provide activities and educational plans to include horticulture in programs in a broad variety of settings.

WHO SHOULD ATTEND

- Occupational Therapists • Activities Professionals
- Classroom Teachers • Special Educators • Social Workers • Other Clinicians • Master Gardeners • Parents of Children with Special Needs • Home Gardeners
- Master Gardeners • Master Naturalists & more

**CPDU's are Available*

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AGENDA

- 8:30 Check-In & Refreshments
- 9:00 **Therapeutic Horticulture**, Barbara Kreski, Director of Horticultural Therapy Services, Chicago Botanic Garden
- 10:30 Break
- 10:50 **Therapeutic Hort**, continued
- 12:00 Lunch (*Included*)
- 12:45 **Breakout Sessions**
(Choose 3 @ 45 min. each)
 - Blossom Yoga
 - Digging In: Gardening Activities for Children
 - Making the Garden Accessible
 - Nature Journaling
 - Sensory Awareness in the Garden
 - Walking the Labyrinth
- 3:30 Sharing Forum & Wrap-Up
- 4:00 Adjournment

Register online at
go.illinois.edu/RegisterLMW
or call the McLean County Extension Office
at (309) 663-8306

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If you need a reasonable accommodation to participate in this program, please contact us.