



DID YOU KNOW? THERAPEUTIC HORTICULTURE:

- 🌱 Stimulates all 5 senses and memory
- 🌱 Documented to reduce dementia risk factors by 36%
- 🌱 Improves motor skills, self-esteem, and sleep
- 🌱 Reduces agitation in those living with dementia
- 🌱 Purifies the air, calms the mind, and elevates mood

HORTICULTURE



GARDEN ART



NATURE



CULINARY HARVEST



ELDERGROW EMPOWERS MORE THAN OUR RESIDENTS!

Eldergrow's indoor, sensory gardens are handcrafted in partnership with a job training program empowering disabled adults & veterans.

