



**CLASS 1 - FALL SPRUCE UP –  
HOMEMADE COMPOST TEA**

**CLASS 2 - NATURE SONGS OF  
GARDEN CRITTERS**

**Date/Time:**

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We will practice pruning and propagating plants, while exploring how the Fall Equinox effects the garden!

We will take a virtual evening nature walk and learn about the critters that make the memorable night sounds of summer.



**Eldergrow Brings Nature Indoors!**

Therapeutic Horticulture has been proven to:

- Reduce Depression ● Improve Mood ● Improve Motor Skills**
- Reduce Agitation ● Reduce Falls ● Improves Sleep**

# ELDERGROW FACTS



## **Eldergrow heals - it's more than just a garden club!**

Educators offer diverse therapeutic gardening classes: horticulture, garden art, & culinary harvest. We also measure resident wellness goals.



## **Eldergrow engages the 5 senses & memory - *Experience it for yourself!***

Rub a leaf of your favorite herb- notice the fragrance on your hands! Herbs stimulate the senses and bring back cherished memories.



## **Eldergrow empowers more than our residents.**

Eldergrow gardens are handcrafted in partnership with a job training program empowering disabled adults & veterans.



## **Eldergrow only uses premium nontoxic plants & organic soil.**



## **Eldergrow is recognized by premiere dementia leaders and institutions.**

We're endorsed by Teepa Snow and delighted to share national press with our senior living partners.



## **Eldergrow welcomes families & friends!**

Join us for our next class - dates and times listed on the opposite page.

## 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