



## CLASS 1: CORN HUSK DOLLS

## CLASS 2: LAVENDER BATHBOMBS

### Date/Time:

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We will learn some of the agricultural and cultural contributions of Native Americans tribes, and we will review the significance of corn while creating corn husk dolls.

We will explore a new pampering of cleanliness, the history of bathing, and residents will make their own scented bath bombs using lavender.



**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!

Eldergrow offers diverse therapeutic horticulture, nature, garden art, & culinary harvest.



## 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 were handcrafted in partnership with a job training program empowering disabled adults & veterans.



## Eldergrow only recommends 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.

## 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