



## CLASS 1: SELF-WATERING POTS AND PLANTS MOVING WATER

## CLASS 2: EARTH DAY UPCYCLED NASTURTIUM POTS

### Date/Time:

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Residents will start seeds of herbs in self-watering pots and learn how water movements (capillary action) will keep their plants from getting thirsty.

In celebration of Earth Day and Eldergrow's anniversary, residents will use "upcycled" materials to make a compostable planter gift, planted with nasturtium flower seeds.



## 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