

GARDENING FOR WELLNESS

In our hectic world, it's becoming ever more essential to carve out moments of peace and connection with nature to sustain a well-rounded and healthy existence. Gardening offers a sanctuary—a place where you can immerse yourself in the beauty of nature, cultivate life, and reap the bountiful benefits it has to offer.

Benefits

Physical Health:

- Increased strength, flexibility, and endurance
- Improved cardiovascular health
- Improved bone health and immune function

Mental Health:

- Reduced stress
- Improved mood
- Decreased feelings of depression, anxiety, and other mental health disorders

Tips to Get Started

Start Small

Begin with a small garden bed or container garden to avoid feeling overwhelmed.

Choose Low-Maintenance Plants

Try starting with herbs, succulents, cacti, leafy greens, cherry tomatoes, or marigolds.

Learn as You Go

Don't be afraid to experiment and make mistakes—gardening is a learning curve.



Nurturing Wellness Through Gardening

Planting Flowers and Herbs

Flowers such as lavender and chamomile can soothe the senses and promote relaxation, while herbs like basil and mint offer fresh flavors for culinary creations.

Creating a Sensory Garden

Incorporate plants with varying textures, colors, and fragrances to stimulate touch, sight, and smell.

Add wind chimes or water features to create soothing sounds and include edible plants for taste sensations.

Register [here](#) or scan the QR code to learn more about gardening for wellness during our webinar on May 29th, 2024 at 12-12:30PM EST

