

Why Create a Healing Garden?

- **Plants give us hope and inspiration**
- **Healing power of gardens is now being rediscovered**
- **Healing gardens give patients a tranquil place...an escape from sickness**
- **Horticultural therapy is now part of many patients' treatment**
- **Less pain medication may be needed**
- **Shorter hospital stays can result**

How to Create a Healing Garden?...a few simple design elements turns any garden into a place of healing and inspiration

- **Energize by planting annuals such as zinnias, petunias, sunflowers, or cosmos**
- **Plant sage or lavender for aromatherapy**
- **Consider pollinator plants to attract butterflies, birds, other wildlife**
- **Add a focal point...sculpture, special plant, rocks, wind chimes or a water fountain**
- **Enclose a place to sit with shrubs or fencing to create a secluded retreat**

Where Are Healing Gardens?

- **Hospitals**
- **Substance abuse treatment centers**
- **Outpatient clinics**
- **Long-term care facilities**
- **Hospices**
- **Retirement homes**
- **Botanic gardens**

As a club member, contact your local health care facilities and begin to create your own garden of healing today...