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...