



Gardening as Therapy

Wednesday, June 8

\$22 non-members or \$18.70 members

Learn how to use gardening as a therapeutic tool and how being in nature provides **relief from stress and promotes a sense of peace**. This program outlines the basis for this positive nature-human connection and provides a few activities that enhance this relationship

PRESENTATION BY:

NATALIE SHREWSBURY

*Horticulture Program Developer for
the Gardens at Spring Creek*

FORT COLLINS SENIOR CENTER

1200 Raintree Drive

SIGN UP NOW! Registration # 312440-01

970-221-6644

fcgov.com/50plus

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V/TDD: Dial 711 for Relay Colorado.