



## **International Master Gardener Conference**

### **Horticulture for Health and Healing**

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**July 13, 2017**

- A. The context**
  - a. Rehabilitation
  - b. Leisure resources
  - c. Restoration resources
  - d. Healthier communities
  - e. Health and wellness champions
  - f. Chronic disease
  - g. Job stress
  
- B. Welcome**
  
- C. Legacy Health**
  - a. Overview
  - b. Mission
  - c. Evidence base & frameworks to support health care gardens
  
- D. Horticultural therapy**
  
- E. Physical rehabilitation**
  
- F. Therapeutic horticulture**
  
- G. Case study---Legacy Family Birth Center – CVICU Garden**
  - a. Patient care
  - b. Birthing moms
  - c. Families & stress

- H. Well-being: Horticulture, gardens, nature
  - a. Physical
  - b. Cognitive
  - c. Social
  - d. Spiritual
  - e. Psychological/emotional
  
- I. Employee wellness and hospital gardens
  
- J. Horticulture resources meeting community needs
  
- K. Call to action
  - a. What are you doing now?
  - b. What to sharpen or refine?
  - c. A new idea or collaboration?
  - d. Thank you for your contribution to health and healing for our communities.
  
- L. Resources
  - a. [www.legacyhealth.org/gardens](http://www.legacyhealth.org/gardens)
  - b. Bibliography: Health Benefits of Nearby Nature Resources

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<http://www.gardentime.tv/gto/1707/GTDM-1707.pdf>