

# Legacy Health

## GARDENING AND NATURE CANCER SUPPORT GROUPS AND CLASSES January - December 2018

For more information about individual support groups and classes, please view our website [www.legacyhealth.org](http://www.legacyhealth.org) or call the numbers listed below.  
Contact [thazen@lhs.org](mailto:thazen@lhs.org) or 503-413-6507 for more adaptive gardening program information.

### **Gardening Workshop for Individuals with Cancer**

Learn adaptive gardening strategies, garden tasks for the season and year-round indoor and outdoor techniques for energy conservation. Explore the benefits of nature and gardening for restoration and renewal. FREE and registration is required by four days before the sessions.  
Instructor: Teresia Hazen, Horticultural Therapist

Monday 3:00 – 4:00 pm at Legacy Good Samaritan Stenzel Healing Garden. Meet at the garden pavilion. Register at 503-413-6507 or [thazen@lhs.org](mailto:thazen@lhs.org) by Thursday before the Monday sessions.

Spring Gardening                      March 12, 2018

Summer Gardening                    May 14

Fall Gardening                         August 27

### **Stenzel Garden Tour and Guided Nature Walks around Legacy Good Samaritan and NW Portland for Individuals with Cancer, Their Families and Friends 10:00 – 11:30**

Tuesdays 1/16/2018, 2/13, 3/13, 4/17, 5/15, 6/19, 7/17, 8/14, 9/11, 10/16 and 11/13/18.  
Join for any part of the session: 10:00 garden tour, 10:30 neighborhood nature walk, and 11:30 lunch together in the hospital cafeteria.

### **Stenzel Healing Garden**

Enjoy the garden 24-7 every day of the year to see what's happening in the garden. Bring a picnic lunch or just come rest and visit in the garden. All are welcome. Bring family and friends.

### **Visit the Legacy Healing Gardens 24 – 7**

Maps at [www.legacyhealth.org/maps](http://www.legacyhealth.org/maps) for Good Samaritan Stenzel Healing Garden, Children's Garden at Legacy Emanuel, Mount Hood Medical Center Garden, Salmon Creek Garden, and Lewis & Floetta Ide Meridian Park Medical Center Garden.

### **Volunteer in the Legacy Healing Gardens**

Learn more and receive next volunteer information session dates by calling 503-413-7012.

**For More Information** about the Legacy Gardens and a schedule of free activities see [www.legacyhealth.org/gardens](http://www.legacyhealth.org/gardens).

Revised 11/17

