



MISSOURI BOTANICAL GARDEN

4344 Shaw Boulevard • St. Louis, MO • 63110 • (314) 577-9400 • www.mobot.org

Date: January 28, 2010

What's growing on
at the Garden!

**EXPERIENCE THE THERAPEUTIC ADVANTAGES OF HORTICULTURE
AT THE MISSOURI BOTANICAL GARDEN**
Gardening Offers Relief from Physical and Cognitive Limitations

- WHAT:** Horticultural Therapy Awareness Day
WHEN: Saturday, Mar. 20 from 10 a.m. to 3 p.m.
WHERE: Ridgway Visitor Center, Missouri Botanical Garden, 4344 Shaw Blvd
COST: Included with Garden admission (\$8 adults; \$4 St. Louis City/County residents. Free children ages 12 and under).
INFO: www.mobot.org; (314) 577-9400, 1 (800) 642-8842 toll free



(ST. LOUIS): A beautiful yard is one of the most obvious positive results of gardening, but it's not the only gain. Experience the numerous physical and mental benefits that plants and gardening provide during **Horticultural Therapy Awareness Day** at the Missouri Botanical Garden, Saturday, Mar. 20 from 10 a.m. to 3 p.m. The event is included with Garden admission.

Horticultural Therapy is the engagement of a person in gardening-related activities, facilitated by a trained therapist, to achieve specific treatment goals. People of all ages, backgrounds, and abilities respond positively to green plants and colorful flowers. According to the American Horticultural Therapy Association (AHTA), gardening offers relief from physical and cognitive limitations, reduces stress, gently exercises aging or arthritic joints, and stimulates memory.

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ADD ONE: Horticultural Therapy

“We know that nature makes people feel better,” said Jennifer Smith, registered Horticultural Therapist in the Garden’s Education Division. “We created this event to help people of all ages recognize the benefits of horticulture, and more fully understand the concepts behind these positive outcomes.”

Explore a demonstration healing garden and learn how to incorporate its sensory stimulating characteristics to enhance your own home garden. Stop by stations to experience different plants using sight, smell, and touch, and pot a sensory plant to take home. Make an arrangement of cut flowers, and learn about enabling and ergonomic gardening tools with demonstrations. Enjoy hands-on activities and chat with experts from the Missouri Botanical Garden, Gateway Greening, Hummert International, Beverly Farm and St. Louis Children’s Hospital. Find out more about the Garden’s Therapeutic Horticulture Program and how you can participate.

All Horticultural Therapy Awareness Day activities will be held inside the upper level of the Ridgway Visitor Center from 10 a.m. to 3 p.m., and are included with Garden admission of \$8; St. Louis City and County residents enjoy discounted admission of \$4 and free admission on Wednesday and Saturday mornings until noon. Children ages 12 and under and Garden members are free.



The Missouri Botanical Garden is located at 4344 Shaw Blvd. in south St. Louis, accessible from Interstate 44 at the Vandeventer exit and from Interstate 64 at the Kingshighway North & South exit. Free parking is available on-site at the west lot and two blocks west at the corner of Shaw and Vandeventer.

For general information, visit www.mobot.org or call the recorded event line at (314) 577-9400 or toll-free 1 (800) 642-8842.

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NOTE: Digital images available by request. Download media materials at www.mobot.org/press.

The Missouri Botanical Garden's mission is "to discover and share knowledge about plants and their environment, in order to preserve and enrich life." Today, 151 years after opening, the Missouri Botanical Garden is a National Historic Landmark and a center for science, conservation, education and horticultural display.

The Missouri Botanical Garden is located at 4344 Shaw Blvd. in St. Louis, just south of I-44 at Vandeventer-Kingshighway (exit #287B). Open 9 a.m. to 5 p.m. every day except Dec. 25. Grounds open at 7 a.m. Wednesdays and Saturdays (exception: special admission rate events). Admission is \$8; free children ages 12 and under and Garden members. St. Louis City and County residents are \$4 and free Wednesdays and Saturdays until noon (exception: special admission rate events - third weekend of May, Labor Day weekend, and first weekend of October). Park for free on site and two blocks west at the Shaw-Vandeventer intersection. The Garden is easily accessible by taking the MetroLink commuter rail line to the Central West End station and picking up a Metro bus (www.metrostlouis.org). For general information, log on to www.mobot.org or call the 24-hour recording at (314) 577-9400 or 1 (800) 642-8842. For membership information, visit www.mobot.org/membership call (314) 577-5118 during weekday business hours. For volunteer opportunities, visit www.mobot.org/volunteer or call (314) 577-5187. The Missouri Botanical Garden is a tobacco-free environment.