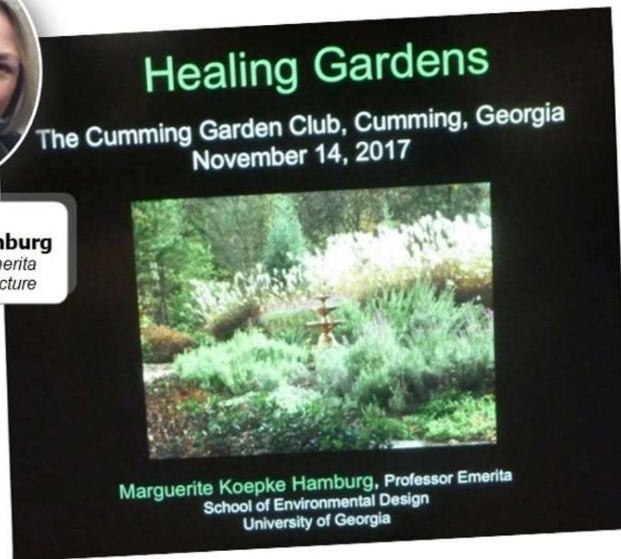


November 2017 Program



Presented by
Marguerite Hamburg
UGA Professor Emerita
Landscape Architecture



Marguerite indicated that most healing gardens are associated with hospitals or facilities that provide restorative care for individuals, and are, therefore, designed with several groups in mind and can target different illnesses. These gardens promote better health and a sense of well-being, as well as social wellness because they are a comfortable place – giving symptom relief and reduction of stress. It has been shown that even a view of trees from a hospital patient's window creates faster healing.

Aided by a slideshow presentation, Marguerite noted that healing gardens can include active physical therapy or be passive/contemplative. Various elements, including aromatic plants, wood, water or stone, can be therapeutic. Design principles for a healing garden include:

- Coherence
- Legibility
- Complexity
- Mystery

Nature itself can be healing - a hike through the woods, or visit to parks or other green spaces reduces stress and has a healing outcome. Research has suggested that free play in nature fosters child development.

