





Horticultural Therapy techniques

Are employed to assist
participants to learn new skills or
regain those that are lost.



Benefits of Horticulture Therapy

Helps improve memory, cognitive abilities,
task initiation, language skills, and
socialization.

A photograph of a garden bed with dark soil. In the foreground, there are several black plastic pots, some containing small green seedlings. In the background, there is a wooden raised garden bed and a dense green plant. The text is overlaid on the image in white boxes.

In physical rehabilitation
Horticultural Therapy can
help strengthen muscles and
improve coordination,
balance, and endurance.

Horticultural Therapists



Are professionals with specific education, training, and credentials in the use of horticulture for therapy and rehabilitation

*“One who plants trees
knowing he or she will
never sit in its shade as
at least started to
understand the
meaning of life.”*

-Rabindranath
Tagore



SPONSOR: Support People Offering Natural Straiges of Overt
Rehabilitation

