



Engaging Activities in Healthy Living!

Hands-On Activities

- ◇ Tea Crafting: Make Your Own Tea Blends
- ◇ Seasonings for Health & Wellness
- ◇ Make a Mini-Terrarium Garden
- ◇ Japanese Culture & Learn Calligraphy
- ◇ Around the World with Chocolate!

Healthy Living Presentations

- ◇ Get Better Sleep in 2025!
- ◇ Sugar Fix! Reduce Sugar Cravings
- ◇ Healthy Eating on a Budget
- ◇ How to Follow the Mediterranean Diet
- ◇ Eat More Fish (The Right Kinds)
- ◇ Avoiding Inflammation & Ultra-Processed Foods

Food & Recipes

- ◇ Taste of Greece: Greek Cooking
- ◇ Superfood Soups!
- ◇ Become a Soup Master!
- ◇ Winter Chilis and Stews
- ◇ Delicious Diabetic Cooking
- ◇ Exploring Vegetarianism for Health

Gardening & Nature Presentations

- ◇ Indoor Gardening Methods & Examples
- ◇ Unique Spring Garden Ideas
- ◇ Specialty Gardens: Healing, Tea & Covert
- ◇ Preventing Pests and Other Garden Horrors
- ◇ Local, Native, & Beneficial Plants: Creating a Wildlife-Friendly Garden

Tastings & Samplings

- ◇ Chocolate Tasting and Talk 101
- ◇ Chocolate Tasting Social
- ◇ Teatime: Tasting & Appreciation
- ◇ Diabetic-Safe Sweets Tasting

Gardening & Nature Activities

- ◇ Make a Mini-Terrarium Garden
- ◇ Native Plant Species for Everyone
- ◇ Garden Horrors: Drought, Pests & More
- ◇ Herb Garden Primer & Starter Kit
- ◇ Making a Small Healing Garden

Engaging & Informative

- ◇ Local Food Trivia: Yesterday & Today
- ◇ Cannabis: Get the Latest Pros & Cons
- ◇ Coffee Talk w/ John
- ◇ Two Truths and a Lie Game

Lunch & Learns (*limited availability*)

- ◇ Mediterranean Diet Lunch & Learn
- ◇ Healthy Eating Lunch & Learn
- ◇ Chopstick Snacks & Laughs!
- ◇ Experience China & Chopsticks

Technology

- ◇ Tech Essentials for Non-Techies
- ◇ Artificial Intelligence Overview
- ◇ How to Use AI and Chat GPT
- ◇ Tech for the Kitchen & Garden
- ◇ Tech Apps for Home, Help & Health
- ◇ Social Media for Actual Socializing

General Pricing & Conditions

Presentation Only \$279+ | Activities & Tastings \$299+. No hassle cancellation policy. No kitchen necessary. Discounts for small groups and/or multiple bookings. Additional travel fees may apply. Programs with food samples or materials may have a per person fee. Contact us for a custom quote. Prices and descriptions are subject to change. Please visit us online for more information. Therapy Gardens is affiliated with [SeniorU](http://SeniorU.com). (Phew. That's a lot of info).



WHO WE ARE

Therapy Gardens promotes healthy living through activities like cooking, nutrition, gardening, and other inspiring programs. We engage participants with fun, meaningful experiences that build connections, foster curiosity, and spark new hobbies. Through our activities, we combat loneliness and isolation, encouraging participants to continue their learning journey independently or with peers.

OUR APPROACH

We provide practical, engaging, and enjoyable programs where participants can explore topics such as seasonal cooking, herbal, container gardening, and the many practical and therapeutic benefits of these activities. Our workshops are designed to be accessible—no kitchen or specialized space needed—and we bring all materials, samples, and handouts for participants to enjoy and continue practicing on their own.

We cater to participants from the public as well as specialized groups such as assisted living communities, private clubs, rehab centers, and condo associations—wherever people gather to learn and connect. We never limit audience size (unless the fire chief insists otherwise!).

PARTNERING WITH US

When you partner with Therapy Gardens, you receive high-quality programming that enhances community engagement and well-being. Our approach prioritizes long-term collaborations, giving time to build cohorts, followings, or regular groups. Whether we're running cooking presentations, leading gardening projects, or exploring our many other activities, we provide flexible scheduling to fit your needs.

Our workshops are tailored to meet wellness goals, enhance participants' quality of life, and align with community objectives.

GET STARTED TODAY

Therapy Gardens makes it easy to bring enriching programs to your community. With flexible scheduling and inclusive, in-person options, we are ready to help your participants explore healthy living. Let's cultivate well-being, one workshop at a time.

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