

**August 21, 2009  
Therapeutic Horticulture  
Rotary Botanical Gardens, Janesville**

**Agenda**

- 7:30 - 8:30: **Check-in:** coffee available!
- 8:30 - 9:00: Keynote Speaker: Jean Larson  
**Therapeutic Horticulture Introduction and U of MN's programs**
- 9:00 – 9:30: Keynote Speaker: Jean Larson  
**Introduction to Intergenerational Gardening Programs**
- 9:30 – 9:45: Break
- 9:45 - 11:00: **Intergenerational Gardening:** Small group activities
- 11:00 – 11:30: Return to large group to process and conclude morning session
- 11:30 - Noon- Lunch
- 12:30 – 2:30 **Therapeutic Horticulture activities:** (small group rotation- *you'll attend them all!*)

**Activity A:**

**Hands, Hips and Knees-  
Tips for Gardening with Ease**

*Reducing stress on joints can lead to lifetime gardening enjoyment.*  
Bill Wright, Community Garden Coordinator-Brown County UW-Extension  
**Parker Education Center**

**Activity B:**

**Perfectly Painless Planting**

*Applying core strengthening and body alignment principles to the 3 most common positions used when gardening.*  
Anne Asher, Your Gardening Body  
**North Terrace**

**Activity C:**

**Money? Who needs money?**

*20 gardening projects for under one-dollar. Hands-on activities and demonstrations of various projects.*  
Dennis Lukaszewski, Urban Gardens Coordinator,  
**Sunken Garden**

- 2:30pm- **Incorporating therapeutic horticulture activities into your volunteer work**  
Facilitated round table discussion
- 4:00pm- **Closing comments**



