



Key Benefits of Therapeutic Horticulture:

Social - Increases your sense of responsibility with others

Emotional - Increases your sense of purpose, meaning, and productivity

Physical - Lowers your heart rate, blood pressure, and boosts immunity

Cognitive - Increases concentration



We are grateful for the generosity of our donors and partners who help make these programs possible:

Cornelia "Neill" Bullock Wilkins Charitable Endowment Fund-
Seniors and Education of Cumberland
Community Foundation, Inc.

Fayetteville Technical Community College, Wesley A. Meredith
Horticulture Education Center

North Carolina Cooperative Extension, Cumberland County
Center

United Service Organizations (USO) of North Carolina
Wounded Warrior Project of Fayetteville

National Garden Bureau Growing for Futures
Therapeutic Garden Grant

For more information about these Garden programs and
future dates, please contact Mallory McAden,
Therapeutic Horticulture Program Manager.

Scan the QR code for our calendar of events including
Therapeutic Horticulture gardening classes.



SCAN ME



Therapeutic Horticulture

536 N. Eastern Blvd., Fayetteville, NC 28301

Mallory McAden - (910) 486-0221 ext. 42

mmcaden@capefearbg.org





Adult Programs

Join us for an adult program. Relieve stress and let your creativity run wild while having the beautiful Garden as your backdrop. In the past we've had adult programs such as:

- Flower Pumpkin Arranging
- Salve Making
- DIY Oil Lamp & Wick Demonstration



Plant Based Workshops

- Dried Herbs Workshop
- Paper Making
- Succulent Dish Gardens

Adult Packages

A minimum of 10 people is required.

Guided Garden Tour
\$10 per person,
\$9 seniors or military
(plus \$20 tour guide fee)

Tour + Lunch
\$18 per person
(plus \$20 tour guide fee)

Tour + Workshop + Lunch
\$30 per person

Make it a half day trip including a tour, garden or horticulture workshop and enjoy lunch at Danny B's Sandwich Shoppe.

Golf carts are available for \$25 per driver and can be added to any package.

Are you interested in volunteering? Visit <https://www.capefearbg.org/volunteer/> to fill out an application.

FAYETTEVILLE · CUMBERLAND CO.
ARTS COUNCIL

What is Therapeutic Horticulture?



Since 2013, the Garden has offered Therapeutic Horticulture programs to naturally heal and change the lives of veterans, seniors, and participants with diverse abilities.

Therapeutic Horticulture programs encourage and teach participants new ways to exercise, build self-confidence, and resiliency. Nature-based activities include creating raised beds and garden art, growing and tending to plants, preparing healthy and sustainable foods. This program also helps energize participants and promotes overall health.

