



Guelph
Enabling Garden

2009 Horticultural Therapy Teaching Sessions

To register for a teaching session please contact the Garden's Horticultural Therapist:

Lea Tran
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or call:
519-829-1955

Graphic by Lynn Tessaro

The Guelph Enabling Garden welcomes all to participate in guided tours Tuesdays at 6:30 pm followed by these FREE educational workshops from 7-8 pm. Donations always welcome. Private sessions can be scheduled for your group.

Tues, June 2: Creative Container Gardening

Bring an interesting container and we'll plant it up with pretty annuals for your garden, patio, or balcony. Container ideas: an old boot, a tea pot, an old watering can. Containers will be provided for those without their own.

Tues, June 9: Aromatherapy Self-Massage Techniques

Learn how to scent your own lotion using essential oils and use it to pamper yourself with self-massage techniques.

Tues, June 16: Herbs 101

Learn how garden herbs can be used therapeutically for health and well-being. Learn how to propagate herbs using stem cuttings to take home with you.

Tues, June 23: Healing Energy of Plants

Learn the benefits of connecting with plants on a vibrational energy level.

Tues, July 7: Herbal Vinegars

Learn the steps in making vinegar flavoured with your favourite garden herbs. Take a bottle of your own home with you.

Tues, July 14: Recycled Notepaper

Learn how easy it is to turn old newspaper into lovely notepaper using common kitchen tools.

Tues, July 21: Do-It-Yourself Natural Health & Beauty Products

Learn how to prepare soothing foot baths, natural hair rinses and cleansing bath bags using herbs from the garden.

Tues, July 28: Pressed Flower Art

Transform a blank greeting card into a unique work of art for a friend using pressed flowers.

Tues, Aug 11: Teas and Spices

Learn how to use dried herbs in food and drink for well-being.

Tues, Aug 18: Sprouting Seeds & Salad Sampling

Learn how to sprout various seeds to add to nutritious salads. We will also be making dressings with herbs from the Garden and enjoy eating it all.

Visit www.enablinggarden.org