

Senior Living & LTC

Common Problems

- Social isolation and health of residents
- Lack of activity options
- Staff engagement and training options
- Disconnection from nature and associated health issues

How We Help

- Enhance skills and engagement of staff
- Connect people with nature indoors or outdoors, beautifying garden spaces
- Improve quality of life and reduce stress
- Provide ongoing resources & support



**Chelsea
Korzenko**
Testimonial

"If you want an easily digestible AND quality understanding of the practice of therapeutic horticulture, this is the course! It was well organized, concise, easy to move through, and rich with information. The information is insightful and will help strengthen your skill sets in this field."

About Root in Nature

Root in Nature strengthens human health by connecting people with plants and nature through therapeutic horticulture, while serving as a training hub and professional growth platform for practitioners in the field. We offer a growing suite of e-Learning courses.



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The Process

Step One:

[Intro to Therapeutic Horticulture Course](#)

This virtual, self-paced course teaches Recreational Therapists and Activity Managers how to facilitate, adapt and evaluate therapeutic horticulture sessions and activities while providing foundational horticulture and safety training.

Course Features

- Pre-approved for CE Credits with NCTRC for 8 hours
- Completed in 4 -8 hours
- Primarily video content
- 5 Modules & Quizzes
- 63 Topics
- Course Manual
- Therapeutic Horticulture Ally Certificate
- Digital Badge

Step Two:

[The GrowTH Network: Professional Resource Platform](#)

- 12 Session Plans in a monthly calendar
- Sortable Activity Database
- Live ongoing support
- Professional development
- Resource Library, including:
 - Intake & Evaluation Forms
 - Visual cues
 - Site Safety Assessments
 - Therapeutic Garden Elements Assessment

