

VCE Loudoun Master Gardeners Present Free Virtual Lecture Series



The 'Awesome' Health Benefits of Gardening

The physical health benefits of gardening are well known: exercise, strength building, and fresh air. What about the impact of nature and gardening on our emotional and mental health? How can plant care be 'self-care'? How does the experience of 'awe' help us re-energize and counter the negative effects of screen time and social media? Join us and learn how gardening can help us cultivate and reap a multitude of health benefits. We'll explore evidence-based strategies to incorporate 'awe' into our time in the garden.

A lifelong gardener, Jan Lane became a registered horticultural therapist in 2016. She works with patients recovering from spinal cord injuries, traumatic brain injuries, and strokes during inpatient rehabilitation. She serves on the board of the MidAtlantic Horticultural Therapy Network and is a member of the Loudoun County Master Gardeners.

VCE Loudoun Master Gardeners:
loudouncountymastergardeners.org



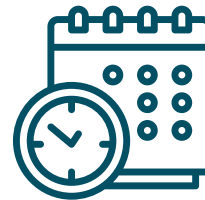
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Jan Lane

Horticultural Therapist



Thursday

13 April

Time

07:00 PM

Event URL: tinyurl.com/48yydyej
Password: LCPL

**Hosted by Loudoun County
Public Libraries**

In partnership with Loudoun County Public Library, this free public lecture series is supported by funding from the Loudoun County Master Gardener Association and the Stephen Dunbar Memorial Fund.

LIVE WEBINAR