



CHRIS ABELE, MILWAUKEE COUNTY EXECUTIVE
JOHN DARGLE, JR., DIRECTOR OF PARKS, RECREATION AND CULTURE

Contact:
Jeffrey Orłowski, Senior Recreation Services Manager
(414) 257-8087
Jeffrey.Orłowski@milwaukeecountywi.gov

For Immediate Release

Healing Gardens: A Cancer Wellness Event at Boerner Botanical Gardens March 19

Milwaukee, WI (March 9, 2016) – Gardening’s therapeutic effects will be explored at Healing Gardens: A Cancer Wellness Event, Saturday, March 19, from 9 a.m.-noon, at Boerner Botanical Gardens. The Botanical Gardens are located at 9400 Boerner Drive, in Whitnall Park.

Designed to help people on their cancer journey, the free program looks at the benefits of gardening and observing nature. The event is presented by Milwaukee County Parks in partnership with Froedtert & the Medical College of Wisconsin Cancer Network, and Friends of Boerner Botanical Gardens, with support, in part, from the Froedtert Hospital Foundation.

Therapeutic Aspects of Gardening, the keynote address, will be presented by Sharon Morrissey, a consumer horticulture agent with the Milwaukee County UW-Extension.

Breakout sessions for hands-on practice will follow. The first session offers a choice between Fascinating Herbs (the history of herbs, their uses, and how to grow them) and Make Your Own Seed Paper (recycling paper with seeds embedded, ready for planting in the garden or in a container). The second session offers a choice between The World of Container Gardening and Introduction to Chinese Brush Painting.

During program check-in and the 10 a.m. break, attendees may enjoy chair massage and demonstrations of reiki, tai chi, tower gardening, and yoga.

Rounding out the event are vendors displaying and demonstrating services and products to enhance well-being.

Registration is recommended. Walk-ins are welcome; however, seating for breakout sessions is limited. To register or for more information, call Small Stones Wellness Center at (414) 805-0998.

###

ADDRESS
9480 Watertown Plank Road
Wauwatosa, WI 53226-3560

PHONE/FAX
ph: **414 / 257 PARK** (7275)
fax: 414 / 257 6466



EMAIL
parks@milwaukeecountywi.gov

WEBSITE
countyparks.com