

The Nova Scotia Therapeutic Horticulture Network presents

Digging In Workshop

Monday June 18, 2018 9-5pm

Halifax Central Library BMO Community Room 2nd floor @ 5440 Spring Garden Rd, Halifax, NS B3J 1E9
Limited underground parking \$2 hr /max. \$20 (debit, credit card, cash)

Registration required. RSVP to NSTHNetwork@gmail.com by June 10, 2018.
Capacity 50 Cost: Free

9:00 **Pass the Potato Networking:** Meet others who are using horticulture to improve health.

9:30 **Healing Gardens:** Therapeutic, restorative & enabling gardens defined, highlighting N.S. examples where populations & individuals are reaping the health benefits.
Presenter: Lesley Fleming, Registered Horticultural Therapist

10:30 Break

10:45 **Networking Forum: What's Happening in Nova Scotia:** Participants introduce themselves & programs where horticulture is used to improve health. Please prepare your 3 min. elevator speech. Participation optional.

12 noon Lunch-bring your own

12:30 **Edible School Gardens: Impacts on Nutrition, Learning, and Community Engagement**

How edible school gardens in Nova Scotia naturally create hands-on learning opportunities for developing nutrition knowledge and skills (food literacy) in children and youth, and engage the wider community in co-creating a culture shift to support healthy food environments in school community settings.

Presenter: Margo Riebe-Butt, Registered Dietician, Executive Director Nourish Nova Scotia

1:30 Break

1:45 **Hands-on Horticulture Activity:** Participate in an activity you can use at your programs.
Presenter: Mary Partridge

2:30 **Garden Accessibility Features:** Tips on making gardens accessible.
Presenter: Lesley Fleming, HTR

3:30 **Wrap up**

4:00-5 **Professional Registration Process for Horticultural Therapy:** Optional session for those interested in understanding the Canadian Horticultural Therapy Association's requirements & application process for credentialing as a registered horticultural therapist.
Presenter: Lindsay Jennings, CHTA Vice President