



THE WELLNESS GARDENS

A place to restore the mind, body and spirit.

A Wellness Garden is a place to visit, experience, take refuge in, and as a result . . . nothing in the world may have actually changed, but the way you see and approach everything is different!

What is a Wellness Garden

Wellness Gardens are designed with the **specific intention of the desired outcomes**, including spiritually healing as well as physically therapeutic. The healing process is complex and by no means fully understood, but there are basic attitudinal shifts that take place when an individual is stressed or otherwise in need of healing. A *Wellness Garden's* restorative responses should occur fairly rapidly – usually within a few minutes. The challenge in developing *Wellness Gardens* is the interface between two objectives, creating a *place*, and facilitating a *process*. It is the interplay between sensitivity to the healing process and the development of a design that differentiates a *Wellness Garden* from other beautifully designed gardens.

What will we do

Combining *Horticultural Therapy* and *therapeutic horticulture* with an increased awareness of preventive health contributors to enhance overall wellbeing is our primary goal. Creating an environment which is accessible and welcoming, with a specific focus on individuals and family members, who have been given a diagnosis, undergoing treatment, or are in recovery from cancer to experience the benefits, regardless of their level of wellness is our plan.

What is Horticultural Therapy and therapeutic horticulture

Horticulture Therapy is the use of planned activities in which people/plant interaction is experienced, with the specific goals of creating opportunities to improve physical, cognitive or psychosocial level functions. Therapeutic horticulture is the environment, nature's innate power to provide for all beings.

Why Cancer

The American Cancer Society estimates 1.5 million new diagnosis's in 2011 in the USA. 1 in 2 men and 1 in 3 women have the lifetime probability of cancer. Cancer is the #2 cause of death at 23.2% following closely behind heart disease at 25.4%. It is obvious these disturbing statistics indicate literally everyone will be affected by cancer.

What is our Specific Purpose

1. Provide welcoming setting where people with varying backgrounds can come to improve their lives and experience healing and success in many forms. This setting will include specific gardens designed for rehabilitative, restorative, meditative and healing benefits, as well as an overall sense of wellbeing.
2. To provide education on the healing influences of garden environments including but not limited to, inward directed involvement, emotional participation, active participation and outgoing involvement.
3. To give persons who have been given a diagnosis, treatment and recovery from cancer an environment which supports psychosocial issues (psychosocial refers to mood, feelings and emotions. Examples include anxiety, depression and low self-esteem; feelings of stress, fear or loss of control).
4. To sponsor special and ongoing events intended to increase public awareness of any or all of the alternative therapies. Additionally events in which body movement and relaxation art forms, such as yoga, tai chi and Qi-gong could be integrated into the healing process.
5. To directly engage in and to provide facilities for others to engage in the promotion of good health and enhanced overall wellbeing generally.

The Wellness Gardens is a Ca Non-Profit Corporation organized as 501c3 we received our final IRS approval ruling on 12/31/2008

Why Ceres Community Project

The Mission of Ceres Community Project is to *Work to restore locally-grown, organic whole food to its place as the foundation of health for people, communities and the planet. We do this through an integrated model that provides those facing cancer and other life-threatening illnesses with nourishing meals, gives teens experiences of growing and preparing healthy food, and educates the large community about the connection between food, healing and wellness.*

This year Ceres will move into a repurposed building in Sebastopol of about 2,650 square feet/1,100 square foot kitchen, located on just under a ¼ acre. The now underutilized “landscape” will transform into a Wellness Garden which will express a holistic approach, foster empowerment, live the importance of nurturing hope and have the power of connecting meaning and purpose.

At the very heart of the garden, located in the approach to our entrance will be our **Gratitude Garden** – a very special place where everyone in our community who is helping support the huge *paradigm shift* Ceres Community Project and The Wellness Gardens seeks to empower will be honored and proudly remembered by everyone benefiting by visiting us to appreciate and thank.

If you would like to be included in our Gratitude Garden please contribute to either

The Wellness Gardens
PO Box 5 Bodega Bay, Ca 94923
www.thewellnessgardens.org

Or

Ceres Community Project
PO Box 1562 Sebastopol, Ca 95473
www.ceresproject.org