



# Health Through Horticulture Indoor Gardening Activity Plans

*Eugene A. Rothert, Kelly Nelson, Kelley Coakley*

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**Health Through Horticulture Indoor Gardening Activity Plans** Eugene A. Rothert, Kelly Nelson, Kelley Coakley

This edition is reprinted in a new format due to popular demand by health care professionals, educators and garden enthusiasts. The manual provides complete information for conducting 17 indoor gardening activities for therapeutic outcomes. Each session plan was developed and tested by Chicago Botanic Garden Horticultural Therapy Services staff.

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