

FROM SOIL to SOUL - (For PNG Print)

Have you ever wondered why you would rather be outside digging bulbs or pruning roses instead of keeping house or cooking a meal? Do you find yourself having more meaningful conversations with your windowsill plants than family or friends? Is your first thought to head outside when you need to escape what's bothering you or to chill out after a stressful day?

Nature has long been known for its soothing qualities. Gardening and outdoor activity has emerged in recent years as a scientifically proven stress reliever. In this presentation, learn about the importance of having contact with nature and about gardening's ability to benefit, not only our physical needs, but our psychological well-being as well.

Bio.

Anje Nevala is a retired Clinical Social Worker with over 33 years of experience in mental health services. She received her Master's Degree in Social Work from the University of Arkansas at Little Rock and her certification in Horticulture Therapy from the Chicago Botanical Gardens and Oakton College in Chicago, Illinois. Additionally, Anje is a therapy dog handler and evaluator with Pet Partners International.

When practicing Social Work, Anje integrated horticulture therapy and pet therapy as two forms of complementary and alternative treatments to enhance the positive effects of healing.

Anje is an Advanced Master Gardener with the University of Arkansas, Pulaski County Extension Service. She has had the pleasure of giving back to the community by providing horticulture therapy at the Veterans Administration, local gardens, and her Master Gardener project, the Baptist Rehabilitation Hospital in Little Rock. Her primary objective in utilizing horticulture therapy is to provide an opportunity for participants to engage in "hands-on" activities that are based in nature and that will positively influence their lives.

