



# Adult/Child Multi-generational Scavenger Hunt Horticulture Therapy Community Session

Sunday, May 31st  
One-hour sessions available  
\$3 contribution to the program/person

## Session Times:

Choose one one-hour session:

- 11:00 AM – 12:00 PM
- 12:15 – 1:15 PM
- 1:30 – 2:30 PM
- 2:45 – 3:45 PM

## About the Session

This Horticulture Therapy Community Session is designed for adult and child participants of all ages, welcoming families and multigenerational groups to connect through shared discovery.

In this interactive, outdoor experience, participants will work together to explore the Garden through sight, touch, smell, and sound. Guided prompts encourage curiosity, mindfulness, and collaboration as families discover textures, colors, scents, and natural sounds throughout the Garden. The session supports sensory awareness, meaningful connection, and joyful engagement with nature.

## What Is Horticulture Therapy?

Horticulture therapy uses plant-based activities to support mental, emotional, and physical well-being through connection with nature.

## About the Instructor:

**Katie Pukash** is a Therapeutic Horticulture Practitioner who leads mindful, creative, and welcoming sessions rooted in nature-based well-being.



Advance  
registration  
required  
Space is limited  
Register by  
May 28th

Horticulture Therapy Program Presented By



Idaho Botanical Garden  
& Arboretum

With Support from

