



## WILLIAMSBURG LANDING®

### Health in Bloom: Tips on the Benefits of Therapeutic Gardening

Nature's gift of flowers and plants seems to have a profound effect on our lives – particularly on our emotions. In fact, experts on healthy aging say that gardening provides unique benefits for the mind, body and spirit of retirement-age Americans. Many of these benefits are attributed to the innately positive response humans have to nature.

According to the **Centers for Disease Control and Prevention** (CDC), gardening is associated with a wide variety of healthful benefits. For example:

- Promoting exercise
- Maintaining balance and coordination
- Improving or maintaining fine motor skills
- Increasing strength and stamina
- Promoting social engagement and spiritual well-being
- Preventing apathy and depression
- Improving memory
- Supporting healthy sleep and improving appetite

In addition to its proven benefits for senior adults in general, gardening has been shown to have a unique value for those with Alzheimer's disease and dementia as well. These benefits include:

- Reduced stress, anxiety, agitation and aggressiveness
- Improved cognitive functioning
- Enhanced sense of control
- Improved social interaction
- Better sense of connectedness, well-being, purpose and self-worth
- Increased ability to reminisce about their happiest times in life

Whether it's a traditional outdoor garden, a raised bed and container garden, a window box or pots placed on the patio, start exercising your green thumb today. You'll enjoy experiencing nature and your health will be in full bloom!

### Welcome to Williamsburg Landing

Looking for a [vibrant, engaging and fulfilling](#) way of life? If so, you'll find it at Williamsburg Landing.

Nestled on 137 wooded acres along the serene banks of College Creek in Williamsburg, Va., Williamsburg Landing is the premier, not-for-profit Continuing Care Retirement Community (CCRC), serving Williamsburg and the surrounding areas [since 1985](#). With one visit, you'll understand what makes Williamsburg Landing so special.

With a past rich in tradition and a future filled with promise, Williamsburg Landing is the perfect place to call home – for today and tomorrow.

To learn more or schedule a tour, please [contact us](#) today!