



THE NATURE PRESCRIPTION

3rd Thursday of the Month
1:00 - 2:30 pm
UW-Extension Office
227 1st St W, Altoona

Horticulture-Inspired Programs for Persons Living with Memory Loss and Their Care Partners

Hands-on, nature-inspired experience to stimulate the senses, enjoy social interactions, and provide physical activity while imparting a sense of purpose. All supplies and materials provided, no cost.

January 18

Succulents

February 15

Spices and Herbs

March 21

Seedlings

April 18

Seed balls

May 16

Planting a Garden
Meals on Wheels Kitchen
5061 US Hwy 53, Eau Claire

June 20

Bird Baths

July 18

Outing to Maiv Flower Farm
2478 70th Street, Eau Claire

August 15

Tomatoes

September 19

Outing to Trinity Equestrian Center
S5300 State Hwy 53, Eau Claire

October 17

Autumn Leaf Lanterns

November 21

Winter squash and Cornucopia

December 19

Bird and Cranberry Garland

Registration required for each program.
Register online at www.adrcevents.org
or call 715-839-4735



Extension Eau Claire County
University of Wisconsin-Madison