



18 May 2024: Second World Therapeutic Horticulture Day

The International Society of Horticultural Therapy (IGGT) is thrilled to announce **World Therapeutic Horticulture Day (WTHD) will be taking place on 18 May 2024**. This global event is in its second year and aims to highlight the many ways in which therapeutic horticulture can be used to prevent, promote and maintain health and well-being, as well as its positive impact on the environment.

Therapeutic horticulture is the practice that uses the power of nature, plant-based activities and gardening to help individuals and groups enhance their physical, mental and emotional well-being. As people around the world grapple with increasing levels of stress, anxiety, heart disease, diabetes and depression among other health challenges, therapeutic horticulture provides support in helping improve overall wellness.

World Therapeutic Horticulture Day will be celebrated with events and initiatives across the globe with lots of activities leading up to May 18. The aim is to shine a spotlight on the benefits of therapeutic horticulture for individuals and communities, including stress and pain reduction, improved mood, increased physical activity and, of course, a sense of connection with nature, which is more important today than ever before.

The day will also spotlight the work of the many skilled practitioners in the field, helping, encouraging, supporting and guiding people around the world through therapeutic horticulture.

Andreas Niepel, President of IGGT, says: "IGGT invites everyone to join this global movement by participating in local events, sharing experiences on social media using the hashtag #WTHD24 and raising awareness of the positive effects of therapeutic horticulture on our mental, emotional and physical health."

IGGT is a non-profit association which, as an umbrella organization and the participation of its members - associations, companies and organizations from the garden and therapy sectors - is instrumental in laying the foundations for the dissemination and further development of therapeutic horticulture and therapeutic gardens in German-speaking countries.

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