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The University of Montana

NEWS RELEASE

University Communications
Missoula, MT 59812
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June 8, 1995

GARDENING INFORMATION, DEMONSTRATIONS OFFERED FOR OLDER ADULTS

MISSOULA--

The Rural Consortium for Health Outreach Information and Screening (CHOIS) is sponsoring free information and demonstrations about gardening and horticulture therapy for adults age 60 and over.

CHOIS is a project of the Rural Institute on Disabilities at The University of Montana-Missoula.

"Taking Charge of Your Health: Golden Gardeners" will provide information and handouts on the benefits of gardening, ways to overcome physical challenges, adaptations for gardening equipment, methods to make gardening easier, and the American Horticultural Therapy Association. Demonstrations will feature a variety of plants and containers.

On Thursday, June 22, a presentation will take place at the St. Regis Senior Center at 1 p.m., followed by demonstrations at 2 p.m. On Wednesday, June 28, presentations and demonstrations are scheduled for the Plains Senior Citizens Center at 9:30 and 10:30 a.m. and at the Camas Hot Springs Senior Center at 1 and 2 p.m. A presentation will be held on Thursday, June 29, at 9:30 a.m. at the Dixon Senior Center, followed by demonstrations at 10:30 a.m.

The CHOIS project is funded by a three-year grant from the Department of Health and Human Services. The consortium involves UM's departments of social work and nursing, the UM School of Pharmacy, Community Medical Center and the Western Montana Agency on Aging. For more information, call 1-800-93-CHOIS (1-800-932-4647).

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KR
Lake County Leader, Char-Koosta News
LCgarden.rl