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HELP FAIRVIEW PARKWOOD COMMUNITIES CREATE HEALING GARDENS

What is a healing garden?

The term healing garden is most often applied to green spaces in health care settings, but the transformation of a garden into a healing garden envisions more than a beautiful setting with pretty flowers. According to two leaders in the field, Clare Cooper Marcus and Marni Barnes, healing comes because the gardens promote:

- Relief from symptoms
- Stress reduction
- Improvement in overall sense of wellbeing and hopefulness

Why are healing gardens at Fairview Parkwood Communities important?

The healing gardens will be an inclusive sanctuary for the community – a place of refuge that promote improved outcomes for residents, families and team members by providing opportunities for positive escapes to meditate, reflect, reconnect with your spirit and disconnect from concerns and anxieties.

As someone who has a close connection with Fairview Parkwood Communities, we hope you will support “Walk the Kindness Way” to create healing gardens at our communities.

This year’s theme, “Growing with Kindness” symbolizes the two exciting projects, which bring the healing gardens closer to fruition.

- Parkwood has broken ground to build an apartment building offering 30% of occupancy for affordable housing.
- Fairview, the upcoming long-term care home expansion will grow the home to more than double the current size.

The “Walk the Kindness Way” trek is committed to raising funds for a healing garden for both the Fairview and Parkwood campus. The goal is to raise \$50,000 (\$25,000 at each campus) for five years. Thanks to your support, we surpassed our goal last year, and we are asking for your help again.

There are many ways to support this initiative:

- **Support a Resident:** follow this [link to donate](#) to support a resident who is walking on campus
- **Walk:** you can both days, Saturday only, Sunday only or the last 10km on Sunday afternoon
- **Fundraise:** tell your friends about the walk, and get involved together

More information, including how to sign up and support the walk can be found at [Fairview Walk the Kindness Way](#) and [Parkwood Walk the Kindness Way](#).

Thank you for considering this opportunity.

