



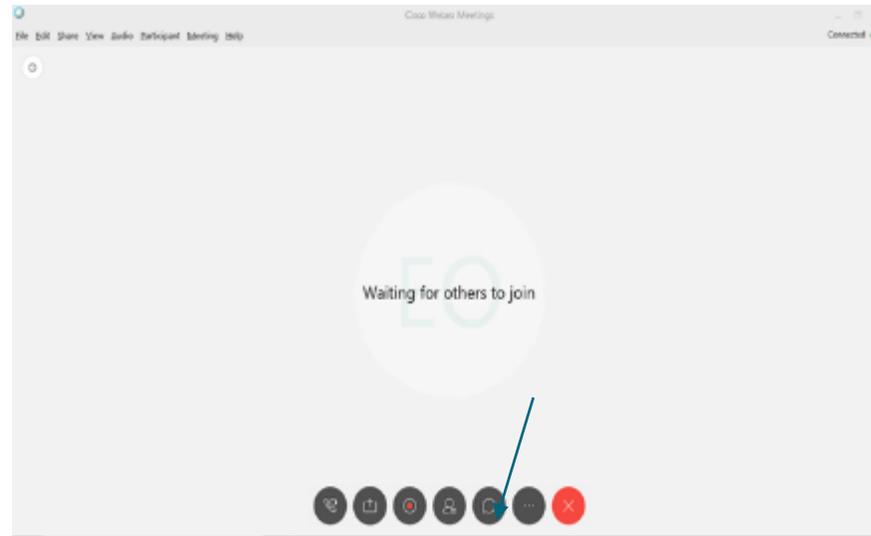
# Outside My Window: Gardening & Wellness – Wellness Workshop

Taught by the Harris Health System  
Employee Wellness Team

# Engage and Interact

**Questions** – Type questions, thoughts, examples, in the chat box, the more interaction the better.

**Premium Points** - You can only receive credit for one Wellness Workshop per day. Confirm your employee ID is entered correctly when registering for Employee Wellness activities. Please allow up to 4 weeks for 50 Premium Points to be reflected in MyCigna.



# Employee Wellness Team



**Michele Hunnicutt, MSHP, CHES, WWPC**  
Director of Employee Wellness & EAP  
Harris Health System



**Courtney Karam, MPH, CHES**  
Sr. Employee Wellness Coordinator  
Harris Health System



**Ellen Ogedegbe, M.Ed., CHES, CWC**  
Employee Wellness Coordinator  
Harris Health System



**Haley Love, MPH, CHES**  
Employee Wellness Coordinator  
Harris Health System



**Latecia Murphy, M Ed, RN, BSN, CHES**  
Cigna Onsite RN Health Coach  
Cigna



**Leah Garcia Campbell**  
Sr. Client Engagement Manager  
Cigna



**Crystal Cunningham**  
Onsite Client Service Partner  
Cigna

# Learning Objectives

- Gardening Around the Globe
- Gardening History & Movements
- Living Well Powered through Gardening
- In's & Outs
- Houston Garden Resources

# Do you eat food?



# “Growing Food Is The Tool We Use To Change The World” - Refarmers

- Uganda – Grandmothers Kitchen Garden Project
- Vancouver – Urban Food Growing
- East Africa – East Africa Permaculture Project
- Brazil - Guayaki & Kaingang Tribe



# Gardening Throughout History!

Native Americans

Enslaved people and African-American Gardening

Vacant Lot Gardens – 1890's

School Gardens – early 1900's – present

Wartime/Victory Gardens

# Gardening throughout History – Native Americans



# Gardening throughout History – Enslaved People and African-American Gardening



# Gardening throughout History – Vacant Lot Gardens



**THE DETROIT PLAN — MAYOR PINGREE, CAPTAIN GARDENER, AND OTHERS,  
IN THE MIDST OF THE POTATO PATCHES.**

# Gardening throughout History – School Gardens

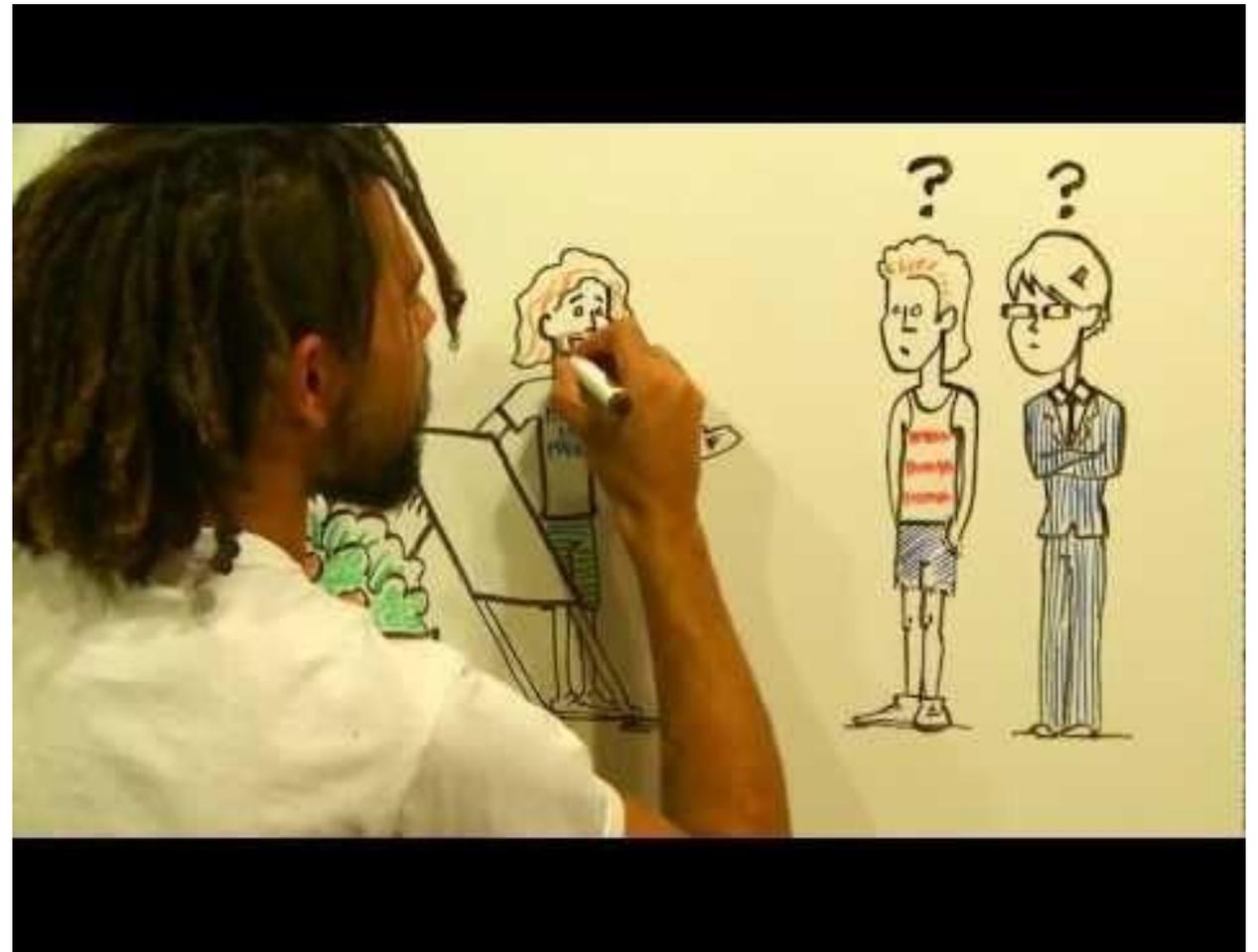


# Gardening throughout History – Wartime & Victory Gardens



# Gardening Movements

- Community Gardens
- Farmer's Markets – [Urban Harvest](#)
- [#FoodisFree Texas Movement](#)
- Guerilla Gardening





# There is a gym outside many a window!



Dirt don't hurt! In fact, it may be able to help!

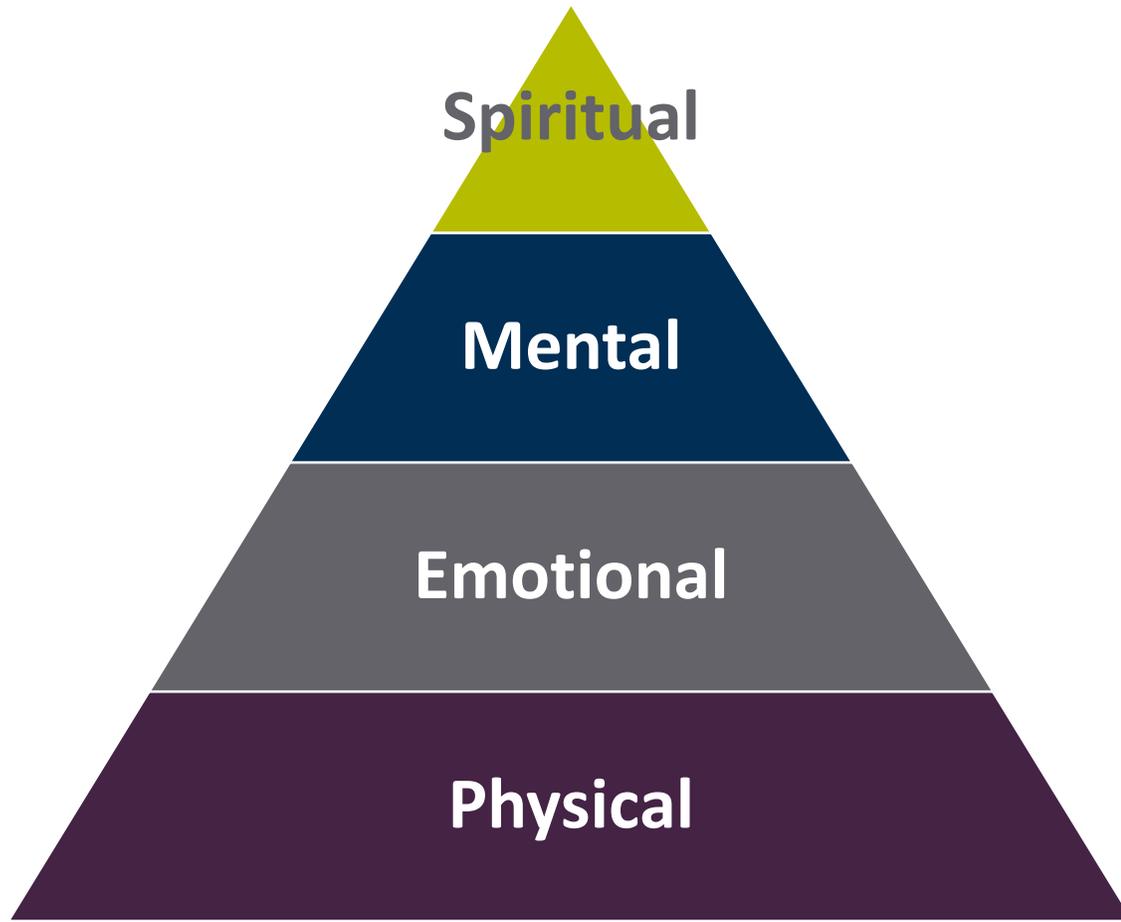


# Gardening and mental health



“The real learning is in connecting with people and becoming confident in yourself and just feeling part of nature; that is the real learning, especially for people with mental health issues.”

# Living Well Powered with Gardening



# Gardening In's & Outs

1. Space/sunlight/water/soil
2. Resources
3. Budget
4. Energy investment
5. Recommended varieties
6. Your preferences



## Houston Area Garden Resources

- [Urban Harvest](#)
- [LBJ Community Garden](#)
- [#FoodisFree](#)
- [Buchanans Native Plants](#)
- [City of Houston Urban Garden Program](#)
- [Texas A&M AgriLife Extension](#)
- [Houston Urban Gardeners](#)
- [Harris County Master Gardeners](#)
- Community Gardens
- School Gardens
- Church Gardens – Clear Lake Methodist Community Garden



# Resources

## Stress Management, Depression and Counseling Services

- Employee Assistance Program
  - Online: [www.feieap.com](http://www.feieap.com),
  - Username: hhs
- Well Powered Living 1.0, 2.0, 3.0 and 4.0 coming soon!
- Employee Wellness Workshops: Mindfulness, Meditation, Stretching etc.
- Cigna Behavioral Health
  - Visit **myCigna.com** or call the toll-free number on your Cigna ID card.
  - Call Cigna Behavioral at **800.274.7603**.
  - Go to **Cignabehavioral.com** for extra resources.
- Coaching
  - Telephonic health coaching: 855-246-1873
  - Onsite health coaching: Contact Latecia Murphy
    - Office: 713-873-6407
    - Email: [Latecia.Murphy@harrishealth.org](mailto:Latecia.Murphy@harrishealth.org)

# Contact Us!



346-426-1597

[employeewellness@harrishealth.org](mailto:employeewellness@harrishealth.org)

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