

## WHAT IS A THERAPEUTIC GARDEN?



A therapeutic garden is a garden that aims to bring about restorative effects to the mental well-being of users. It incorporates features that facilitate therapeutic horticulture, which is the use of plants and plant-related activities to promote health and well-being. By interacting with nature and taking part in specially designed therapeutic horticultural activities such as gardening, visitors can experience a number of health benefits. These include relief of mental fatigue, reduced stress, and overall improvement to emotional well-being.

The **Therapeutic Garden @Bishan-Ang Mo Kio Park** was designed in collaboration with the National University of Singapore (NUS) Mind-Science Centre, using an evidence-based approach from research in environmental psychology. It is open to everyone in the community.

## ZONES IN THE GARDEN



### Fragrance Zone

Located at the entrance to the Therapeutic Garden, this zone features a selection of fragrant flowering plants to invite park users into the garden by engaging their sense of smell.

### Biodiversity Zone

This zone features a wide collection of plants that attract biodiversity such as butterflies, dragonflies and birds into the heart of the Therapeutic Garden. This provides a visual treat for visitors of the garden.

### Edibles and Medicinal Zone

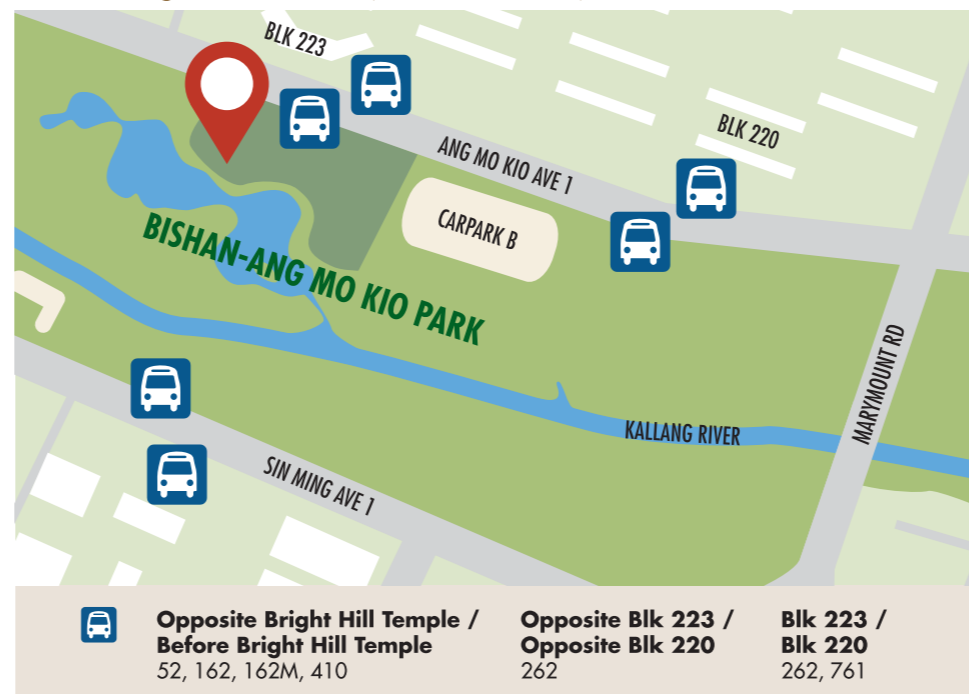
Herbs, spices, fruits and vegetables tantalise various senses and spark cultural memories amongst visitors to the Therapeutic Garden. They will most definitely be able to recognise the familiar sights, smells and even tastes that are widely available in local markets and home kitchens.

### Colours and Textures Zone

In this zone of the Therapeutic Garden, visitors will be surrounded by diverse colours and textures of flowers and foliage, which will engage the senses of sight and touch.

## VISIT OUR THERAPEUTIC GARDEN!

### Bishan-Ang Mo Kio Park (Pond Gardens)



### Location:

Along Ang Mo Kio Ave 1, after junction of Marymount Rd, opposite Block 223



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*Refresh*  
AND *Renew*

AT OUR

# THERAPEUTIC GARDEN

@BISHAN-ANG MO KIO PARK



# SOME PLANTS TO LOOK OUT FOR...

## BIODIVERSITY ZONE

Photo credit: Boo Chih Min



Rose Myrtle  
*Rhodomyrtus tomentosa*

Photo credit: Arthur Ng



Scarlet Milkweed  
*Asclepias curassavica*

## FRAGRANCE ZONE

Photo credit: Lim Yen Ngoh



Kanwene  
*Pleiocarpa mutica*

Photo credit: Vicky Lim Yen Ngoh



Rose Jasmine  
*Jasminum sambac* 'Grand Duke of Tuscany'

## COLOURS AND TEXTURES ZONE

Photo credit: Vicky Lim Yen Ngoh



Vientiane Creeper  
*Quisqualis conferta*

Photo credit: Arthur Ng



Firecracker Plant  
*Russelia equisetiformis*

## EDIBLES AND MEDICINAL ZONE

Photo credit: Patricia Yap

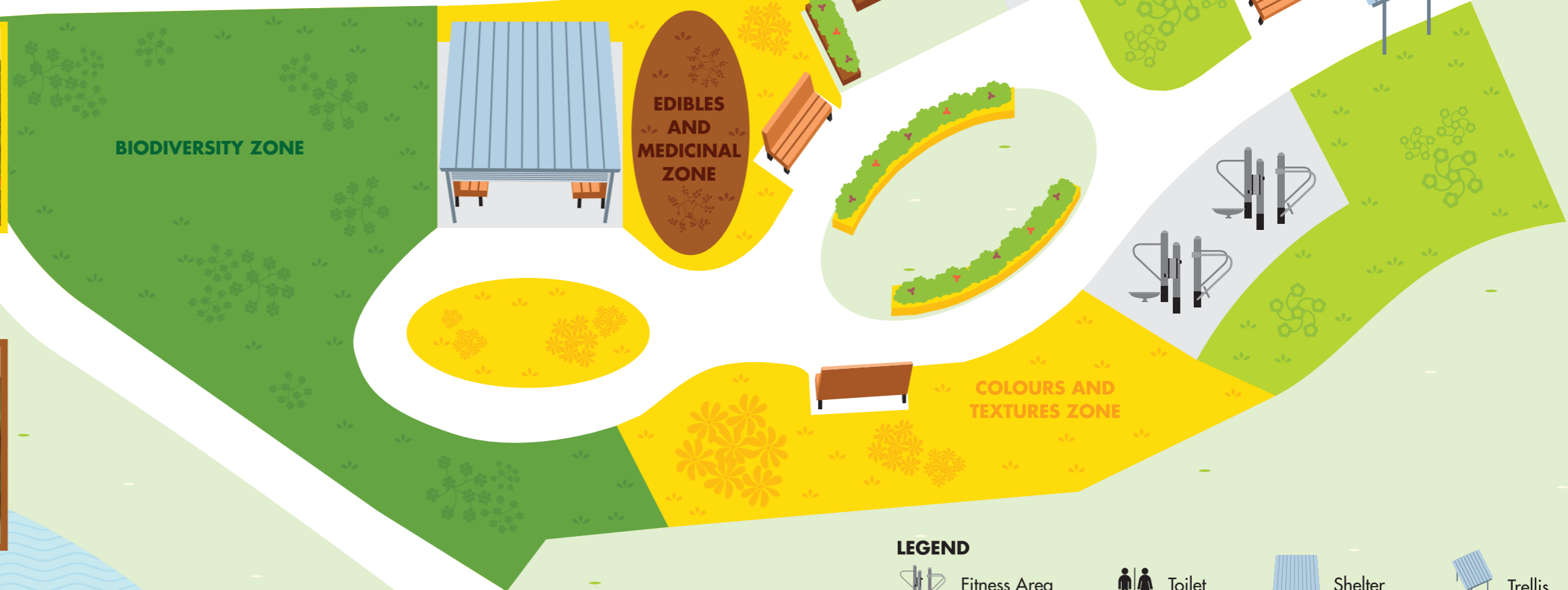


Lemon Grass  
*Cymbopogon citratus*

Photo credit: Lim Yaohui



Lemon Balm  
*Melissa officinalis*



### LEGEND

