

GET OUTDOORS, WORK WITH YOUR HANDS,
CONNECT WITH OTHER VETERANS.

*One hour a week to grow, learn, recharge
and strengthen community.*

ROOTS OF RESILIENCE

A Nature-based Wellness Program for Veterans

Reconnect with Nature.

Rebuild Strength. Restore Community.



THE IDEA

Roots of Resilience is a **free, non-clinical wellness program for Westchester County veterans** offered by Lasdon Public Gardens & Veterans Memorial in cooperation with Westchester County. Through gardening, nature, nutrition, reflection and veteran-to-veteran connection, the program provides a welcoming place to engage, recharge, learn and reconnect.

A WHOLE-PERSON APPROACH

The program is informed by wellness principles familiar to many veterans through the VA Whole Health model. It focuses on activities that support the whole person while remaining a non-clinical community wellness program.

GARDENING & PURPOSE

Plant, grow,
harvest & learn

NATURE & MOVEMENT

Outdoor activity
at your pace

FOOD & NUTRITION

Fresh produce &
healthy choices

REFLECT & RECHARGE

Relaxation &
stress management

CONNECTION & COMMUNITY

Spend time with
fellow veterans

NON-CLINICAL • VETERAN-CENTERED • COMMUNITY-BASED

Roots of Resilience is not medical treatment or therapy and does not promise medical outcomes. References to VA Whole Health describe shared wellness principles and do not imply VA sponsorship or affiliation.

THE PILOT PROGRAM

**THURSDAY MORNINGS | OCTOBER 8–NOVEMBER 19, 2026 |
10:00–11:00 AM**

Lasdon Public Gardens & Veterans Memorial
2610 Route 35, Katonah, NY 10536

**FREE • Open to all Westchester County veterans • no formal VA referral needed
• caregivers and/or service animals are welcome • No gardening experience
required •**

Tools, supplies and snacks provided

LEARN MORE AND REGISTER

