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FOR IMMEDIATE RELEASE

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Life Gardening: Cultivating Playfulness, Creativity & Wisdom

(Longmont). . We have a day of fun and growth planned for you at the 9th annual Spring to Life celebration. Each year we like to try something new, and this time you will have the opportunity to become a Life Gardener. Under the guidance of Dr. James Downton, Jr., your “Master Gardener,” and Kim Mooney, you will till the soil of your undiscovered creativity and wisdom. Jim is a teacher, author and artist. Before retiring from the University of Colorado in 2004, he had taught at the college level for nearly 40 years. His creative approach to teaching earned him two major teaching excellence awards. Kim is the Director of the HospiceCare of Boulder & Broomfield Counties Grief and Education Center. She has been with Hospice for 13 years and has been inspired by the wisdom of all those she has worked with.

The morning session will explore creativity--the ability to imagine, to courageously pursue goals, and to think with a playful mind. Playful mind is the bold and free spirit within us that loves flexibility, risk-taking, and adventure. When the mind is allowed to play, it creates surprises and shifts in thinking, so new and unusual ideas appear without effort.

After all that gardening, you’ll need to take a break and restore your energy with a tasty, healthy lunch.

Wisdom will be the focus of the afternoon session. What is wisdom and how can we consciously cultivate it? When wisdom is in hand, how will it change how we think and live? How do wisdom and creativity team up to nurture more happiness and contentment in our lives?

Creativity adds zip and novelty to life, while wisdom adds clarity and balance. By bringing creativity and wisdom to life, we become life gardeners helping to cultivate change. As we change, our lives become more focused, meaningful and enjoyable.

To wrap up the day, we will join in a closing exercise that will plant the seeds of continued growth.

Spring to Life is sponsored by caring community members—the Friends of the Longmont Senior Center, Inc., Longmont United Hospital, PrestigePLUS/*Living Well* and the Daily Times-Call.