Nature's Medicine: Rest & Rejuvenate in Lebanon's Japanese Gardens

2026 Community Event Series

Lebanon Community Hospital Foundation is excited to offer this series of free community events, made possible with support from anonymous donors.



Quiet Seeing: Creative Nature Journaling
Saturday, April 11 | 1 to 3 p.m.

Samaritan Lebanon Community Hospital

This workshop invites participants to slow down and observe the healing garden with intention. Artist Elizabeth Higgins guides simple drawing and writing practices that support reflection and creative expression. Participants should bring a notebook or journal. Registration is required.

De-stress With Your Senses
Sunday, May 3 | 1 to 4:30 p.m.

Boulder Falls Event Center and patio

Experience the healing garden through sight, touch, taste, smell and sound. Participants will rotate through five short classes, including a garden walk, succulent plant activity, tea tasting, sachet making and a musical experience. The session is designed as one continuous program. Thank you to Summit Ace Home & Garden for their in-kind support of this event. Registration is required.

Garden Vignettes Textile Class
Saturday, June 20 | 1 to 4 p.m.

Samaritan Lebanon Community Hospital

This class will begin by spending some time in the healing garden to take photos or sketches of a scene or object that resonates with you. In the classroom, you'll learn to use a combination of fabric layering and embroidery stitching to render your inspiration image in cloth. You'll leave with a uniquely personal memento ready to frame or use as a decorative patch or panel for a future project. Registration is required.

Family Day in the Garden
Saturday, July 18 | 11 a.m. to 3 p.m.

Boulder Falls Event Center and patio

Children ages 6-12 are invited to this special "storigami" experience where they will learn traditional Japanese paper folding while listening to a story read aloud by paper artist Yuki Martin. Parents and children will enjoy a garden bingo activity and a special art project featuring take-home glass plant stakes. Registration is required.

Bonsai expert Lee Cheatle will lead a private bonsai class in the afternoon for adults age 18 and older. For a small fee, participants will take home their own bonsai. Registration is required.

Stroll for Well-being Program
May 14, June 22, July 13
Aug. 17, Sept. 24 | 5 p.m.

Best Western Premier Boulder Falls Inn hotel lobby

Stroll for Well-being is a seven-week independent walking and journaling program designed to support mindful reflection in the Japanese Healing Garden. Participants only need to attend one orientation session before beginning their weekly self-guided strolls. Journals will be provided. Registration is required.

Garden Tours
April 10, May 8, June 12, July 10,
Aug. 14, Sept. 18 | 10 a.m.

Boulder Falls Event Center and patio

Enjoy a one-hour guided tour of the Japanese Healing Gardens starting at the gazebo by the koi pond. Visitors will learn about the gardens' history, design and care while exploring two of the gardens. No registration required.

Samaritan Foundations

For more information or to register, scan the QR code, visit samhealth.org/LebanonHealingGardens or contact Brandy O'Bannon at bobannon@samhealth.org.