

Toni Gattone

SPEAKER  AUTHOR

INSPIRATION, TOOLS & RESOURCES FOR THE RESILIENT GARDENER

Solutions for gardeners who see their gardens as an opportunity to enhance their lives for the better.



Adaptive Gardening Expert & Inspirational Change-Agent

Toni's enthusiasm is contagious. She is passionate about empowering gardeners with practical, how-to information. While gardeners of all ages and abilities appreciate her work, she especially enjoys working with seniors who are growing older and yet want to live bolder lives. Her presentations are well-organized and beautifully presented. Toni is caring, compassionate, and oh by the way, she's very Italian.

ANNOUNCING TONI'S NEW BOOK

The Lifelong Gardener, Garden with Ease & Joy at Any Age



Featuring hundreds of empowering techniques and solutions, and more than forty recommended tools to increase comfort and safety, gardeners learn how to maintain a healthy and active lifestyle, by adapting their outdoor spaces, and doing what they love — enhancing both their gardens and their lives for the better.

Praise from Participants

"We can comfortably and safely continue to enjoy our passion & truly garden for life."

"Toni's talk gave hope & inspiration to never stop enjoying the things in life that we love, regardless of age or mobility."

"Gardening can be an ageless pursuit!"

"You were sensitive to our "senior" needs without condescension & what's more, you made us want to get up & get out there in the dirt!"

"You not only addressed issues of diminishing balance, strength & flexibility, you gave us solutions! We came away feeling empowered & ready to garden for life."

Toni's presentations are for **resilient, lifelong gardeners** who believe in:

- E** mbracing change & choosing our response
- A** ccepting what is & finding solutions
- S** eeking comfort & safety first
- E** mpowering ourselves through self-care
- A** lways looking for new ways to adapt
- N** ever giving up as we respond to our new normal
- D** esigning a life we love through our love of gardening
- J** oining new communities & growing friendships
- O** vercoming our fears & having fun
- Y** es we can!

FOR MORE INFO & TO BOOK TONI FOR YOUR NEXT EVENT

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Growing Resilience • Celebrating Wisdom • Inspiring Joy



Are you looking for a great garden speaker?

If you're the program chair for a garden club, conference, flower & garden show, or you have a room full of women who want to be inspired, **Toni Gattone** delivers programs that inspires them to take action and empowers them to embrace change.

YOU CAN GARDEN FOR LIFE!

Adaptive Gardening gives gardeners of all ages and abilities unique strategies so they can continue gardening, even when their bodies say "no!" That's when their "new normal" kicks in and some might think they might have to give up. Don't throw in the trowel just yet!

This presentation is the basis for her book: *The Lifelong Gardener, Garden with Ease and Joy at Any Age*, and she delivers solutions-oriented thinking to help gardeners modify and adapt to their physical limitations.

All talks are interactive, engaging and they can be customized for your event and your demographics. They are presented via PowerPoint, and handouts make note-taking easy.



THE MOVABLE FEAST: GROWING EDIBLES IN CONTAINERS

Whether you're downsizing or want to raise your gardens for greater comfort, you'll love growing food in containers. It's easy and fun to find colorful, interesting containers to give your gardens and balconies instant visual punch. They're movable to catch the sun as seasons change and your body will love container gardening because you can do the work without bending over.

CULTIVATING COMMUNITY

Find new and fun ways to grow your community through get-out-of-the-house activities with local groups or volunteer your time by helping a neighbor or community group in their garden. You can become a Master Gardener or join a garden club to keep learning and volunteering at the same time. Add fun to the mix by having a working garden party with friends.



OUTDOORS IN: INNOVATING INDOOR GARDENING

Bringing the outdoors in is an excellent antidote to the winter blues, as tending a garden indoors has a soothing, relaxing effect. Grow your favorite veggies and salad greens on your windowsill or balcony with fun, creative containers. Learn to regrow your food indoors to save money at the grocery store. Plant an indoor cat garden or create a fun cocktail garden.



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