

**For Immediate Release**

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Sherman Library & Gardens Reveals Enhanced Wellness Programming Focus in Grow the Gardens Campaign

Sherman Library and Gardens is looking to the future by enhancing the world class iconic hub with dynamic wellness programming for all generations

**Corona del Mar, CA:** Publicly announcing the Grow the Gardens Campaign in May this year, the improvements at Sherman Library and Gardens will the make destination the most accessible and walkable botanical garden in Southern California. As an organization, Sherman Library & Gardens recognizes that it has become a space for reprieve and inspiration for many from the hustle and bustle and daily life. Growing the Gardens means being able to incorporate more wellness programming into the offerings at Sherman Library & Gardens including sound baths, guided meditations, wellness workshops and lectures in 2025 and beyond.

“We feel a sense of personal peace and growth from unexpected new discoveries each time we visit the Sherman Library & Gardens. It’s a secret treasure that needs to be shared more with our community.” -Janet Ray, Co-Chair of the Grow the Gardens Campaign Committee and Board of Trustees

Recently, Dr. Jessica Drew de Paz, a clinical psychologist and the Director of Mindfulness Programs at UC Irvine’s Susan Samueli Integrative Health Institute, held a sold-out evening lecture at Sherman Library & Gardens. Her presentation was entitled, “Tending to Our Inner Garden -Cultivating Mindfulness & Blooming with Presence,” and was met with praise from the audience. The Samueli Foundation has been a key donor for the Grow the Gardens campaign.

“The Grow the Gardens campaign, in part, will help support the evolution of our programming, which includes a focus on wellbeing. Nourishing visitors to the garden – mind, body and soul – is a focus of ours to support the growing need that exists in our community at large.” -Scott LaFleur, Executive Director, Sherman Library & Gardens

Naming opportunities are still available for interested donors at a variety of gift levels. Those who support the Grow the Gardens Campaign are making a tax-deductible investment in the cultural, historical, and natural landscape of our beautiful community. By supporting the incredible improvements to Sherman Library & Gardens, a cherished non-profit and public asset, donors are helping pave the way for future generations to access all of the resources and more that the organization is proud to offer. Learn more [HERE](https://experience.thesherman.org/don-gtg/grow-the-gardens?_gl=1*a8021u*_ga*MTQ4MDUzMzg2MC4xNjg3ODA1NzA1*_ga_51750WXFLC*MTcyNzIxMzAzOS4xNzEuMC4xNzI3MjEzMDM5LjAuMC4w).

**About Sherman Library & Gardens**

Sherman Library & Gardens is a non-profit that has been deeply rooted in Orange County, California for over half of a century, serving the community as a sanctuary and education beacon for history and beauty. Founded in 1966 by Arnold Haskell, and named for his friend and mentor, Moses Hazeltine Sherman, this iconic institution serves as a guardian of regional history and artifacts, a living library of plants both native and exotic, and a conservator of artistic works influenced by and produced in the Pacific Southwest. Today, Sherman Library & Gardens is a monument to Haskell’s dream of an educational and cultural center including a premier botanical garden and outstanding research library. Sherman Library & Gardens was recently recognized by the Newport Beach City Council with a proclamation, naming Sherman Library & Gardens as the “Cultural Hub” of Corona del Mar. Sherman Library & Gardens is located at 2647 E. Coast Hwy., Corona del Mar, CA 92625.

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