



## MEDIA ADVISORY

### **For More Information**

Lilian Raji  
Communications Lead, WEONEMIAMI  
C: (646) 789-4427 ext 701  
E: [LILIAN@LMRPR.COM](mailto:LILIAN@LMRPR.COM)

Website: [www.weonemiami.com](http://www.weonemiami.com)

### **Weekend Plant-A-Thon Gardening Event At Patch Of Heaven Sanctuary**

**MIAMI, FL - 27 October 2022:** The WEONEMIAMI team of the 44<sup>th</sup> class of **Leadership Miami** is hosting a weekend gardening event on **November 12 and 13, 2022, from 9am to 4pm on both days**, at the reforestation and nature preserve, **Patch of Heaven Sanctuary**, located at **21900 Southwest 157th Avenue, Miami, FL, 33170**. The team is being joined by community leaders, Leadership Miami alumnus and high school students from the pre-collegiate **Upward Bound Program**, who will help bring to life the first of its kind **Mindful Pocket Park** at the entrance of Patch of Heaven.

Conceived by **Suzanne Jewell, Chief Experience Officer** at Patch of Heaven Sanctuary, the Mindful Pocket Park project is one of only four charitable endeavors accepted by the **Greater Miami Chamber of Commerce's** annual Leadership Miami program to receive aid from the diverse group of nonprofit, government and private sector leaders accepted into the program. The Pocket Park aims to address South Florida's growing anxiety and stress at a time of historic highs through advancement of the **Nature Pill**, a term coined by researchers at the **University of Michigan School of Environment and Sustainability**, who discovered spending just 20 minutes in nature can reduce the stress hormone cortisol.

**WHO:** Leadership Miami Class 44 Team WEONEMIAMI, Suzanne Jewell, Chief Experience Officer at Patch of Heaven Sanctuary, Upward Bound Students, and Community Leaders

**WHAT:** A Plant-a-thon Gardening Weekend to bring to life the first of its kind Mindful Pocket Park in the heart of South Florida

**WHEN:** 9am to 4pm, Saturday, November 12, 2022  
9am to 4pm, Sunday, November 13, 2022

**WHERE:** Patch of Heaven Sanctuary  
21900 Southwest 157th Avenue  
Miami, FL 33170

**INFO:** As space is limited, participants must pre-register to receive complimentary access to the grounds. For more information, please visit [www.weonemiami.com](http://www.weonemiami.com) for event details, links for registration and view other ways to support.

**PHOTO OP:** Upward Bounds students, community leaders and environmental organizations working together to build five different multi-sensory garden areas that will make up the Mindful Pocket Park. B-roll is also available.

### **ABOUT WEONEMIAMI**

WEONEMIAMI is a diverse group of nonprofit, government and private sector leaders who have come together to make Miami an even greater place to live, working together under the Greater Miami Chamber of Commerce's Leadership Miami 2022 program. As team one of the four that make up Class 44, the members hail from various backgrounds, with unique experiences and ideas of what Miami is and can become. They have come together to combine their many visions for the greater good of one Miami. For more information, please visit [www.weonemiami.com](http://www.weonemiami.com)

### **ABOUT PATCH OF HEAVEN**

Patch of Heaven Sanctuary is a 20-acre non-profit reforestation preserve located in the Redland Agricultural Area in the heart of Miami. It provides sanctuary to trees, bees, birds, butterflies, bats, buildings (historic) and beings (the human kind). Patch is also a sanctioned and recognized agro-forestry and agro-tourism site, which grows and harvests cacao, coffee, vanilla and honey onsite.

Envisioned by a family of committed nature lovers and philanthropists in 2008 with the first 10 acre purchase of the original Matheson family summer forest dwelling, this "hidden gem" preserve is a 15-year reforestation & conservation project that expanded to include a neighboring 10 acre shade container nursery converted into the 20 total acre nature preserve it is today.

Patch's mission is to reconnect Humans to Nature one mindful walk, one tree and one breath at a time. For more information, please visit [www.patchofheavensanctuary.org](http://www.patchofheavensanctuary.org).

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