

## **VENA CRICHLLOW**

Vena Crichlow is an engaging speaker who understands the healing power of nature. For more than two decades, she has used gardening as a pathway to wellness. Her desire is to encourage people to restore themselves through connecting to our eldest ancestor, Mother Earth.

Hailing from a long history of farmers, Vena grew up in a home where both of her parents had green thumbs and where her father grew tomatoes on their patio in Brooklyn, New York. After nurturing a multitude of houseplants indoors, Vena began growing fruits and vegetables outdoors. She now assists others who are starting indoor and outdoor garden spaces. Her work focuses on encouraging people to “play in the dirt” and to use gardening as a way to help them heal through the pain of grief and loss.

Vena enjoys traveling, spending time with family, interior design projects and creating beaded jewelry using healing crystals. She resides in the metro-Atlanta area with her two children.

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