

Maxel Ng National Parks Board Singapore



Mr Maxel Ng works for the National Parks Board, where he oversees the development of therapeutic horticulture in Singapore and conducts training on this subject for therapists and undergrad students. Trained as a horticulturist from the University of Queensland and certified in therapeutic horticulture in the UK and Singapore, his passion for the healing effects of nature has led him to develop a therapeutic horticulture programme for seniors. He co-authored Singapore's first medical study on the effects of horticultural therapy on seniors as well as the *Design Guidelines for Therapeutic Gardens in Singapore*. He has also given presentations on gardens and human health at overseas conferences.