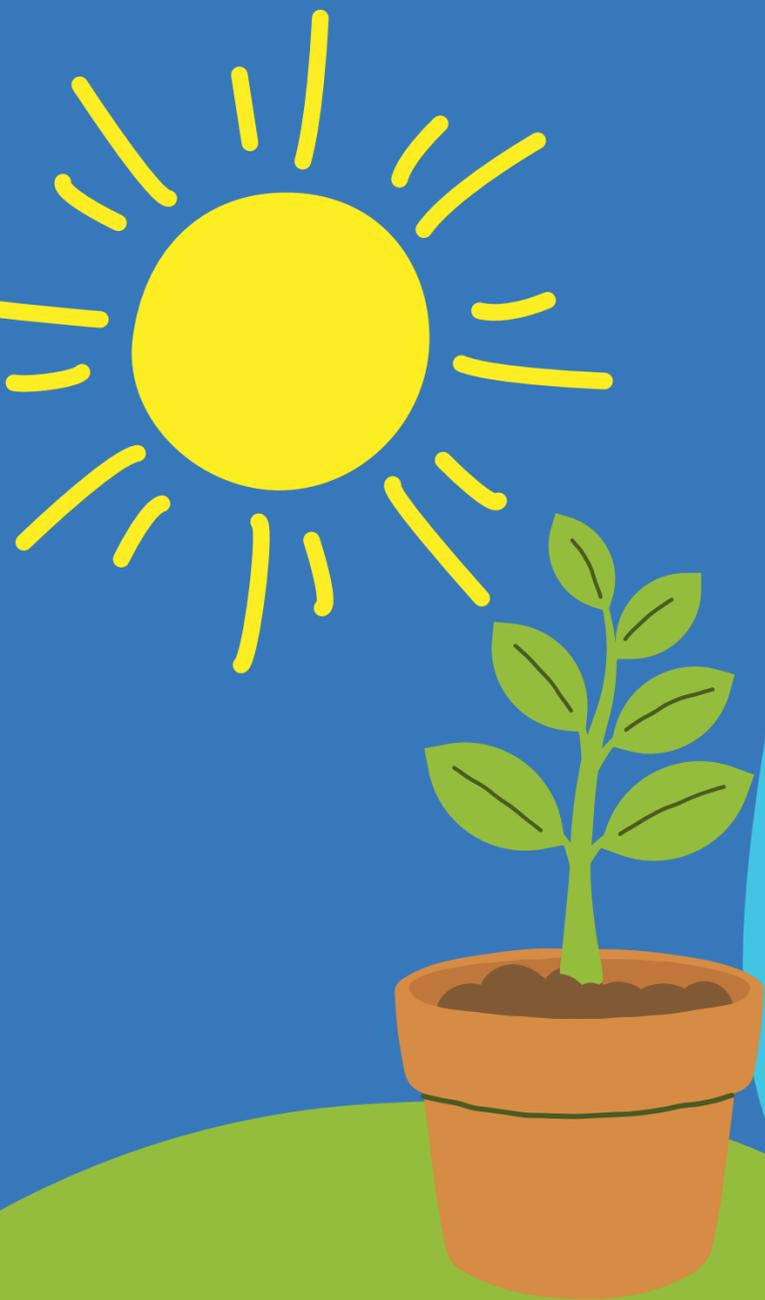


HAPPY INTERNATIONAL PLANT APPRECIATION DAY



**Did you know that
plants enhance our
mental and
emotional health?**

PLANTS HELP REDUCE STRESS LEVELS.

Spending time in nature is known to reduce stress and anxiety. Even plants in your home can help improve your mood.



PLANTS HELP SHARPEN YOUR ATTENTION.

Studies have shown that plants in the workspace can increase creativity and productivity.



GARDENING MAKES US FEEL BETTER.

Besides enhanced cognitive function and physical exercise, gardening can be healing and therapeutic. Studies have shown that gardening can decrease depression and improve social functioning.

