

Fostering a Long & Healthy Life

Seniors who spend time relaxing, walking, and exercising outdoors ...

Receive relief and healing from short-term and chronic mental illness including depression, anxiety, and mood disorders.

Improve their quality of life and mental function by improving sleep patterns and hormone balance.

Live longer!

Feel more energized, happier, and less stressed than those who exercise indoors.

Experience significant stress reduction which reduces blood pressure and heart rate.



spreading
roots

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