

# Benefits of Trees, Green Spaces, & Nature Throughout the Day

Stop by your community garden plot and harvest fresh healthy food and talk with friends before you go home.

Wake up after a deep and restful sleep having exercised outside the day before.

Watch a thunder storm with less fear of flooding due trees and vegetation slowing run-off and erosion.

Walk to work on cooler streets breathing in cleaner air because of urban trees.

Work with improved focus and concentration because new office looks out on trees and green space.

