

A soft watercolor illustration of a tree with green foliage and a brown trunk, set against a light background. In the foreground, there are green grass blades and some reddish-brown stems, possibly from a flower or plant. The overall style is gentle and artistic.

# *Quick Benefits of Gardening*

**BUILDS STRENGTH & FLEXIBILITY**

**BOOST HEART HEALTH**

**REDUCES STRESS & ANXIETY**

**FIGHTS DEPRESSION**

**IMPROVES OVERALL WELL-BEING**

**SUPPORTS THE ENVIRONMENT**

**SENSE OF ACCOMPLISHMENT**