



GREEN SPACES PROVIDE MILITARY FAMILIES NUMEROUS **HEALTH** AND **WELLNESS** BENEFITS



Military Family Well-Being

Green spaces encourage exercise, provide a community hub for socializing, decrease noise and air pollution, and improve immune function.



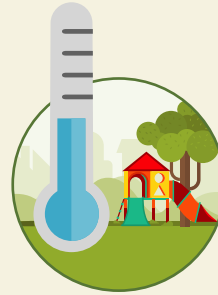
Trees – A Breath of Fresh Air

The tree in your yard that your kids play on or you sit under can remove 26 lbs. of carbon dioxide from the atmosphere annually. Your family can breathe easier now.



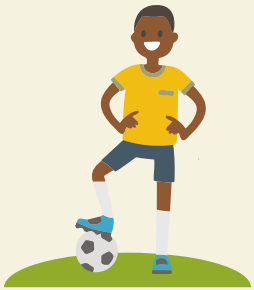
Green Spaces Protect Mental Health

Studies show that green spaces can have a protective effect on mental well-being.



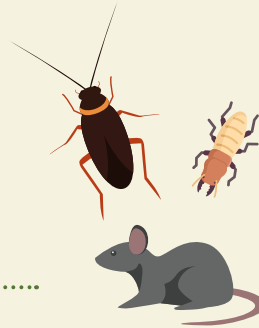
Green Spaces Soak Up Heat

Lawns can be up 30 degrees cooler than sidewalks. What surface do you want your kids to play on?



Relieves Stress and Promotes Happiness

Healthy green spaces protect families against depression, anxiety and offers peace of mind.



Well-Maintained Green Spaces = Fewer Pests

A well-maintained lawn and yard reduces the threat from potentially harmful and destructive pests including termites, cockroaches and rodents.



Breathe Easier With Green Spaces

Did you know 2,500 sq. ft. of grass releases enough oxygen for a family of four to breathe?

GreenCare for Troops is supported by



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