

# GREEN SPACES PROVIDE COMMUNITIES WITH NUMEROUS HEALTH AND WELLNESS BENEFITS



#### **Community 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.



#### **Green Spaces Add Value**

There is a significant link between property values and the proximity to parks, greenbelts and other green spaces.



## Breathe Easier With Green Spaces

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

#### **Green Spaces Foster Communities**

Green spaces are gathering places that create close-knit communities, improve well-being and increase safety.



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