TREES: A GREEN SOLUTION FOR A HEALTHIER TOMORROW

A healthy community is often directly tied to a healthy community forest. As more and more cities and towns face shrinking urban tree cover, they are focusing on improving access to nature — with the support of healthcare organizations. And for good reason.

Trees improve our overall health by:

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Removing pollutants, including fine particulate matter, from our air.

Breaking up heat islands and cooling urban spaces.

Promoting physical activity.

Improving medical outcomes and patient recovery.

Creating calming spaces that aid stress recovery.

Reducing ADHD symptoms in children.

Filtering pollutants from ground water.

Lowering rates of childhood asthma. Reducing crime in public spaces, encouraging more youth activity.

Find out more at **treecampushealthcare.org**

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An Arbor Day Foundation Program