



# PLANT SOMETHING for Wellness

In today's stressful environment it's more important than ever to create a connection to the natural environment. Plants improve people's lives by reducing stress, enhancing concentration, and improving air quality.



Plants Enhance  
Concentration



Plants Reduce  
Stress Levels



Plants Improve  
Air Quality

To find a local garden centre or landscaper to help you create a garden oasis go to:



**PLANTSOMETHINGBC.CA**