T R E E BENEFITS

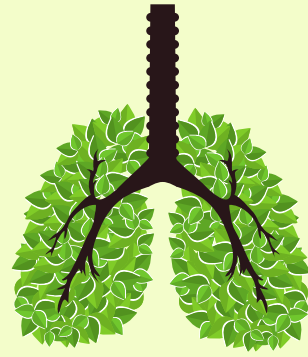## PLANT A TREE | SAVE THE EARTH

IMPROVE MENTAL HEALTH

Studies show being near trees can reduce stress levels by decreasing your blood pressure and slowing your heart rate.

PROTECT WILDLIFE

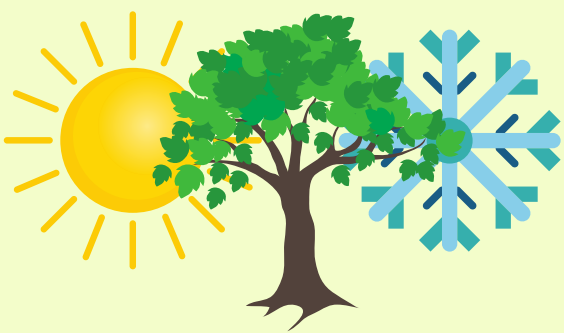Trees provide a home and protection to animals

HELP US BREATHE

Through photosynthesis, trees produce oxygen
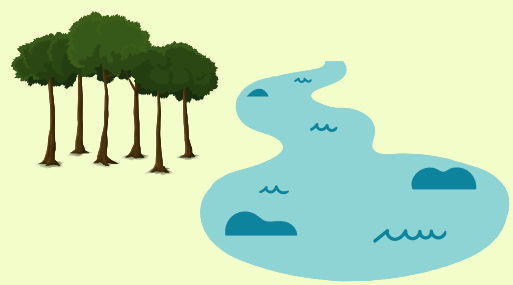
COMBAT CLIMATE CHANGE

Trees absorb carbon-dioxide and convert it to oxygen
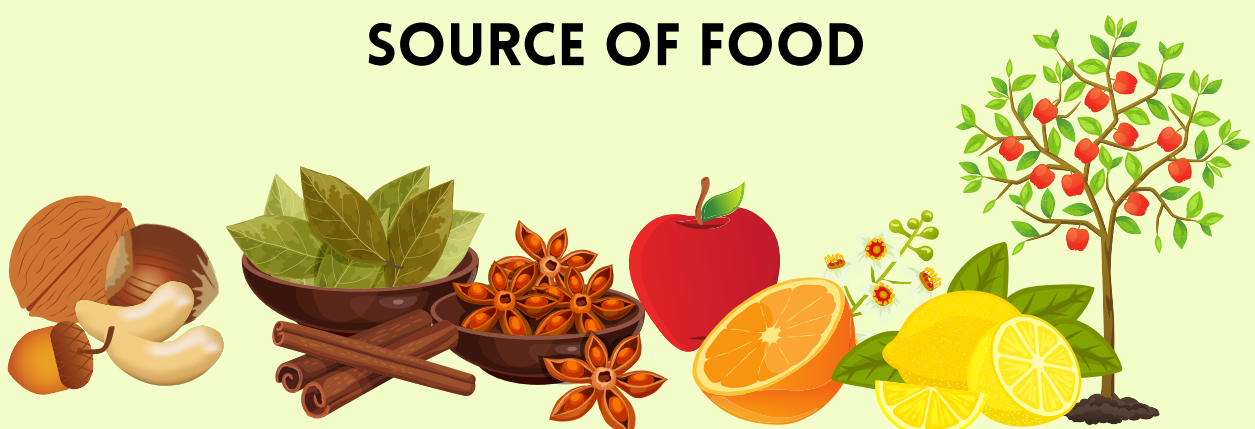
PROVIDE SHELTER

Trees provide shelter and shade from the heat and cold

PREVENT FLOODING

Trees along river banks help soak up excess water and keep soil in place

SOURCE OF FOOD

Many parts of a tree are a source of food for people and animals: roots, leaves, flowers, fruits, seeds, nuts, pollens and sap.