HEALTH BENEFITS OF FORESTS

- Improve overall well-being
- Reduce stress
- Release healing aerosols
- Provide powerful medicines
- Better cardiovascular health
- Improve mental health
- Reduce air pollution
- Improve cognitive function
- Provide nutritious food
- Green infrastructure
- Reduce water pollution
- Help prevent cancer
- Reduce violent crime
- Boost immune system
- Quicker convalescence
- Help reduce the urban heat island effect
- Reduce stress
- Reduce air pollution
- Reduce water pollution
- Provide powerful medicines
- Help prevent cancer
- Reduces stress
- Improves overall well-being