

ready steady grow

2024

Gardening is not just about pots and plants. As a regular activity, gardening can be good for both mental and physical health. It can:

Lift your
self-esteem



Relieve stress
and anxiety



Reduce depression
and loneliness



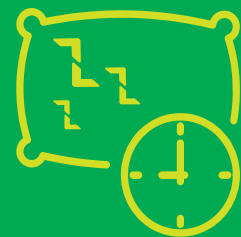
Help you to build
friendships



Increase
your stamina



Improve
sleep quality



Reduce the risk of
heart disease
and obesity



Strengthen your body
through exercise



Boost your
brain power



Sanctuary
Supported
Living

retirement
communities

technology
enabled living