

I AM A



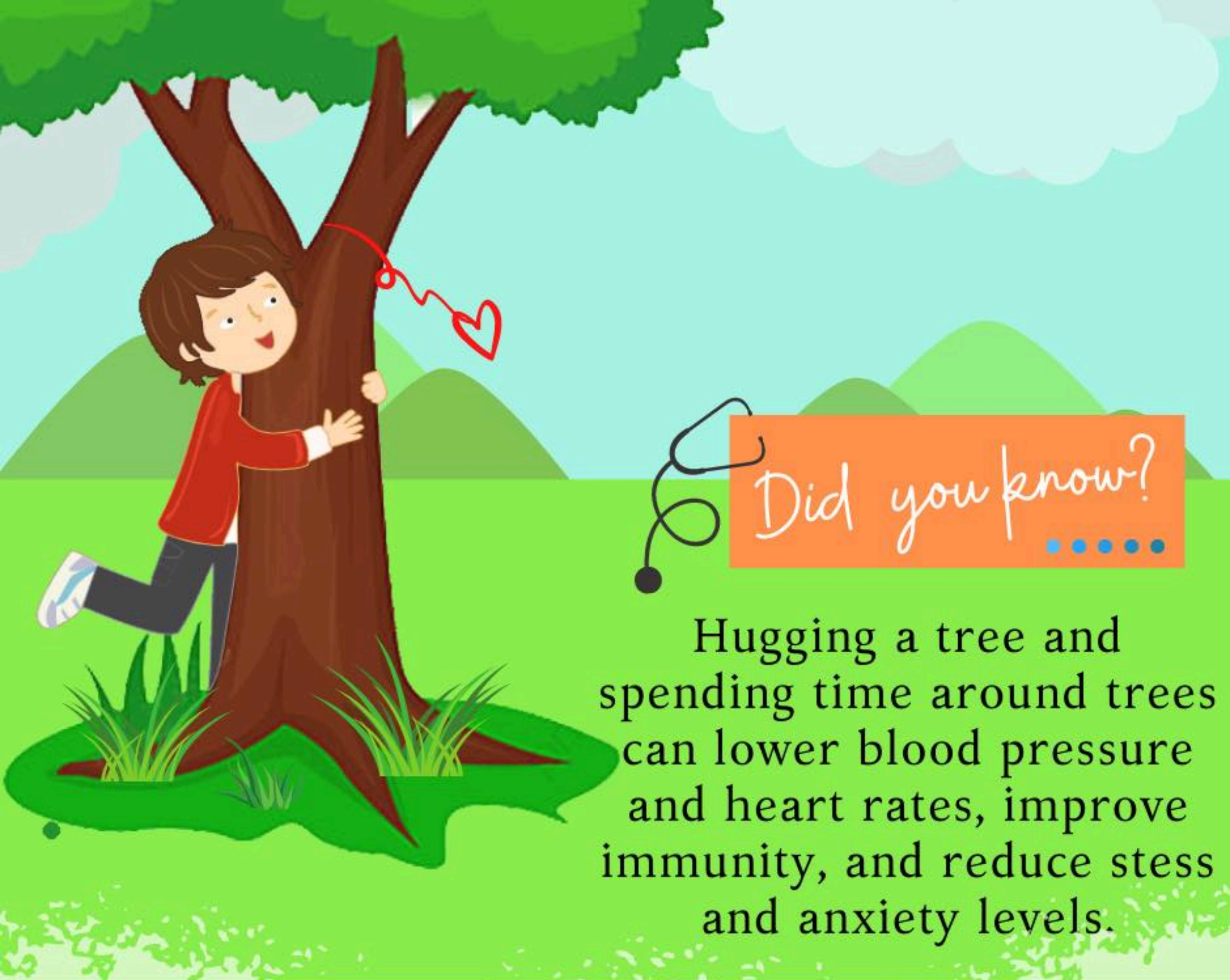
TREE



HUGGER

A TREE HUGGING WEEK-LONG EVENT

14 - 18 FEBRUARY



Did you know?  
.....

Hugging a tree and spending time around trees can lower blood pressure and heart rates, improve immunity, and reduce stress and anxiety levels.



Did you know?

Study shows that hugging a tree increases levels of the hormone that is responsible for the calmness and emotional well-being of a person.