

Pilon, Janet

Subject: The restorative power of nature

From: Rose Janson

Sent: Monday, January 24, 2022 10:02 AM

To: Office of the Mayor <Officeofthe.Mayor@hamilton.ca>; clerk@hamilton.ca; Toman, Charlie
<Charlie.Toman@hamilton.ca>

Subject: The restorative power of nature

Hello dear City of Hamilton

We implore you to give priority to the urban forestry strategy, as well as the promotion of green spaces and gardening in Hamilton.

Trees and green spaces can save lives. They are especially important right now.

1. Air Quality is improved
2. CO2 emissions are absorbed
3. Children get green spaces to play
4. Birds and butterflies profit
5. Everyone's mental health is boosted

Much research supports these benefits. One excellent resource is 'The well-Gardened Mind', by S. Stuart-Smith.

Yours truly,
Rose Janson and Family