Gardening Improving Your Health



About Us



STEAM ONWARD https://steamonward.org steamonward.org@gmail.com 240-515-8558







→ The mission of STEAM ONWARD is to increase the number of minority and under-served youth pursuing higher education in STEM related fields such as science, technology, engineering, and mathematics. We achieve this goal by providing youth in Southern Maryland with after school hands-on experiential learning opportunities in agriculture, natural resources, and the environment.

Why garden?



- \rightarrow Reduces stress
- \rightarrow Improves self image
- \rightarrow Teaches problem-solving
- \rightarrow Provides creative outlets
- \rightarrow Health benefits
- \rightarrow Relationship building

Gardens reduce stress



Gardening teaches problem-solving skills



- ightarrow We all pass through stages in our life.
- → Maintaining a balance in life is important. Too much of anything can be harmful.
- → Life is unpredictable. Failure will happen sometimes, but it doesn't mean to give up.
- \rightarrow Gardening is not easy, like life, but hard work and patience pays off.

Gardening and health benefits



Gardening is intergenerational









Covid-19 and Gardening With Kids -

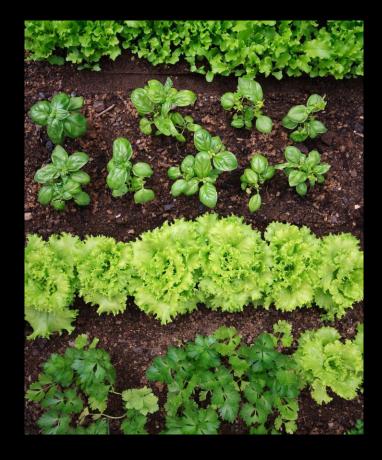
Where do I begin?

Grow what you love.



Use the space you have





Include others



Make a difference



http://steamonward.org

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