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# *Gardening* Improving Your Health



# About Us



→ 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?*

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

# *Gardens reduce stress*





# *Gardening teaches problem-solving skills*

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- 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.
- 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 -*



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*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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