



WeHa Blooms is a **PHACTT** project focusing on improving mental health through gardening and beautification projects.

NATURE IMPROVES MENTAL HEALTH:

- → increased sense of community
- → improved mental well-being
- → better physical health
- → stress relief and relaxation

o and more!





PHACTT

peer | health | awareness | concerns | teen | taskforce

This PHACTT campaign is brought to you by Oliver Hartmann











