



## How Does Your Garden Grow?

With fall gardening just around the corner, the next time you boil pasta or steam some vegetables in your kitchen, don't pour the water down the drain! Instead, once cooled, pour it over the vegetables in your garden or your house plants to keep them green and flourishing. You can also use water from boiling eggs, which is full of calcium your plants needs to grow.



Scan HERE for the Fitbit® answer

### MULTIPLE CHOICE

The psychological benefits of plants and the activity of gardening include:

- A. Anxiety & Stress Reduction
- B. Attention Deficit Recovery
- C. Enhanced Memory Retention
- D. Increased Creativity, Productivity & Attention
- E. All Of The Above

*Answer*  
QUESTION HERE



This information is meant to complement the advice & guidance of your physician and/or safety professional, not replace it.

We welcome your comments, suggestions and input at [well-connected@edwardsrisk.com](mailto:well-connected@edwardsrisk.com)

This Health & Safety Tip of the Week is provided by:

