

● Highlight ●

Plants play a crucial role in all forms of life on Earth—there would be no life as we know it without them! They are a primary component of many products we use daily, they

- provide food
- help maintain the atmosphere
- offer shelter

For many, planting is a form of therapy that enhances both physical and mental well-being. The planting workshop was led by our own DCAS colleague, Katelyn Sasson.

We were impressed by how engaged DCAS employees were during the workshop, eagerly asking questions about plant care. After the event, many shared photos of their plants sprouting on their desks.

“This was a great experience! I learned so much about plants!”



Planting Workshop

Attendees expressed that not only was the workshop beneficial for their mental health, but it also helped those who were hesitant about planting feel more confident in getting started.

