

**APRIL**

GREEN WORKSPACE

**EPIC WAY TO WELLNESS**

**BRING THE OUTDOORS INSIDE WITH THESE LIVE, GREEN ADDITIONS.**



### **GOLDEN POTHOS**

- Thrives in low light
- Can increase humidity in air which can alleviate allergy symptoms
- Has been shown to remove more than half of pollutants from the air



### **SPIDER PLANT**

- Prefers dry soil before watering
- Indirect and florescent light will allow this plant to thrive
- Decreases the particulate matter in the air which can provide relief for allergy symptoms



### **CHINESE EVERGREEN**

- Very little maintenance required
- Can thrive in low light
- Removes toxins from the air



### **LEMON BALM PLANT**

- Emits a refreshing lemon fragrance which can enhance mood
- Can thrive in full sun or full shade
- Must be kept moist



### **PHILODENDRON**

- Clears the air of excess carbon dioxide which can cause loss of concentration, drowsiness, and headaches
- Place in an area with bright light, with indirect or partial direct sunlight