

#GREENMEANSGO

Grass provides a place for us to play and socialize. Green spaces are the backdrop to our urban landscapes. Keeping these grassy areas well maintained keeps them useful and functional. **GREEN** means **GO** outside!



MENTAL HEALTH AND WELLNESS

Research shows that adults in urban spaces who are able to view green spaces from home have a lower risk of anxiety and depression



RECREATION AND SPORTS

Grass provides traction and cushioning for many sports, including golf, football, baseball, soccer, equestrian sports, lawn bowling, cricket, highland games, and many more



FLEXIBLE EVENT SPACE

A grass field can be used to host social events including picnics, festivals, and even outdoor weddings



A PLACE TO EXERCISE

Mowed grass fields offer a space to exercise, without fear of fleas, ticks, and rodents which can be found in tall grass



SAFE SPACES TO PLAY

Grass helps to absorb physical impact and reduce injuries. As a playing surface it is safer than artificial grass or bare soil



MEMORIAL PARKS AND CEMETARIES

Grassy areas in cemeteries, parks, and around homes can create feelings of peacefulness and safety



CREATED IN PARTNERSHIP WITH



GUELPH TURFGRASS INSTITUTE

