J&M Tree Service Redlands Launches Tree Hugging Therapy Program for Mental Health

April 19, 2023

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REDLANDS, CA ? J&M Tree Service Redlands, a leading provider of tree care services in Southern California, is proud to announce the launch of a unique and innovative Tree Hugging Therapy Program to promote mental health and well-being. This groundbreaking initiative combines the benefits of spending time in nature with the calming effects of physical contact with trees to create a powerful and effective therapeutic experience.

Oster Angelo, CEO of J&M Tree Service Redlands, is passionate about the potential of this new program to make a meaningful impact on participants' mental health. "We have always believed in the healing power of nature, and our Tree Hugging Therapy Program takes this idea to new heights. By offering a dedicated space and structured experience for individuals to connect with trees, we hope to provide a valuable resource for those looking to improve their mental health and overall well-being," Angelo said.

The Tree Hugging Therapy Program is designed to help participants reduce stress, enhance relaxation, and improve mood by engaging in guided activities that encourage physical contact with trees. These activities include mindful tree-hugging, tree meditation, and even tree-based yoga. The program is led by certified arborists and mental health professionals trained to create a supportive and nurturing environment that fosters personal growth and healing.

To see how J&M Tree Service Redlands maintains the health of the urban forest, visit the company's website: https://www.riversidetreecare.com/tree-service-redlands.

Angelo elaborated on the inspiration behind the program, "Our team has witnessed firsthand the incredible benefits trees can provide to both the environment and the human spirit. We wanted to create a unique and accessible way for individuals to experience these benefits and to promote a deeper appreciation for the natural world."

J&M Tree Service Redlands' Tree Hugging Therapy Program is available to participants of all ages and abilities and can be tailored to suit each participant's individual needs and preferences. The program is offered at various picturesque locations throughout Redlands, fully immersing participants in nature's beauty and tranquility.

"The response to our Tree Hugging Therapy Program has been overwhelmingly positive," Angelo said. "Participants have reported feeling more relaxed, focused, and connected to the world after engaging in our activities. We are thrilled to be able to offer such a transformative experience to our community and look forward to expanding the program in the future."

Launching the Tree Hugging Therapy Program is just one example of J&M Tree Service Redlands' ongoing commitment to environmental stewardship and community engagement. The company is dedicated to promoting the responsible care and management of trees and aims to inspire a deeper connection between people and the natural world.

Angelo emphasized the importance of this connection, stating, "Trees are essential to our planet's health, and we believe they can also play a vital role in supporting human health and happiness. Our Tree Hugging Therapy Program is a testament to our dedication to fostering a mutually beneficial relationship between people and trees. We are excited to see its positive impact on our community."

J&M Tree Service Redlands operation base is 1826 Orange Tree Ln, Redlands, CA 92374, United States. Homeowners, however, can contact the company at +1 909-473-4471 and sales@riversidetreecare.com.

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For more information about J&M Tree Service Redlands, contact the company here:J&M Tree Service RedlandsOster Angelo909-473-4471sales@riversidetreecare.com1826 Orange Tree Ln, Redlands CA,92374

J&M Tree Service Redlands

J&M Tree Service Redlands is a family-owned tree service with over 25-years of experience caring for the natural landscape of communities in Riverside and San Bernardino county.

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