

# FOR IMMEDIATE RELEASE

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## Research Findings Reveal Significant Impact of Urban Green Spaces on Mental Health

**City, State - Date** - A new study conducted by the Center for Urban Wellness has found that access to urban green spaces can significantly improve mental health outcomes for city residents. The research analyzed data from over 5,000 participants across five major cities.

The findings, published in the Journal of Urban Health, indicate that individuals with regular access to parks and green areas reported a 37% decrease in anxiety levels and a 21% increase in overall well-being compared to those without access.

"Our study highlights the critical role that green spaces play in enhancing urban life," said Dr. Emily Smith, lead researcher. "As cities continue to grow, it's essential that we prioritize the development of green areas to foster better mental health among residents."

The full report detailing the study's methodology and results is available on the Center for Urban Wellness website.

For media inquiries, to schedule interviews, or for more information, please contact Jane Doe at jane.doe@email.com or (123) 456-7890.

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