



# Green Therapy

Workshops on Plants and Air Quality

 EU  
GREEN  
WEEK



Silesian  
Voivodeship



Integrated LIFE project "Silesia. Blue Sky Restored", Comprehensive implementation of the Air Quality Plan for the Silesian Voivodeship. LIFE20 IPE/PL/000007 –LIFE-IP AQP-SILESIA-SKY

## “Green Therapy” Workshops on Plants and Air Quality



**When:** 31 May 2026, 16:00 – 18:00

**Where:** Żabka Recreation and Sports Centre, Sportowa 1, 43-170 Łaziska Górne

**Host:** Anna Kocima, eco-manager of the Łaziska Górne Municipality

*The initiative is an official EU Green Week Partner Event.*

Can investing in nature begin inside our own homes? The workshop “Green Therapy” will demonstrate that even a small plant can have a real impact on our health, well-being and the quality of the air we breathe. The event will take place at the “Żabka” Recreation and Sports Centre in Łaziska Górne and will be open to all residents.

During the workshop, participants will learn about the role plants play indoors and how they influence the microclimate of interior spaces. The instructors will explain how plants can help improve air quality, increase air humidity and positively affect human well-being. Participants will also discover which plant species work best in homes, offices and public spaces.

The workshop will have a practical format. Each participant will have the opportunity to plant a plant themselves while learning the basic principles of plant care, soil selection and the conditions needed for healthy indoor plants. In this way, participants will not only gain knowledge but will also take home their own “green element”, a reminder of the importance of nature in everyday life.

The meeting will demonstrate that investing in nature does not necessarily mean large environmental projects. Sometimes it begins with simple steps, such as introducing plants into our homes, workplaces or schools. These small actions help create healthier and more pleasant spaces for living and working.

The “Green Therapy” workshop reflects the idea of this year’s EU Green Week, highlighting that investing in nature also means investing in human health, quality of life and stronger connections with nature in our everyday surroundings.

**The event is organised as part of the project “Silesia. Blue Sky Restored”.**



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