

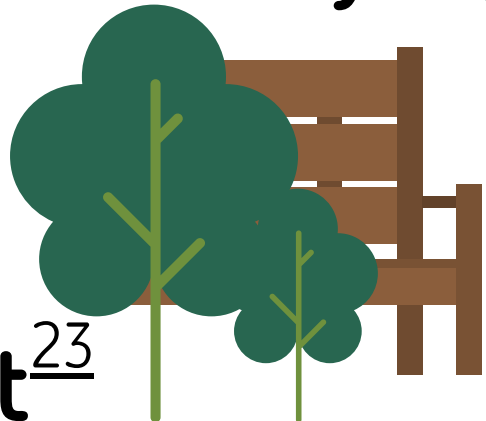


part of a healthy lifestyle

with so many **psychological & physiological** health benefits many doctors are **PRESCRIBING** nature exposure²⁵



FOREST BATHING can be **sitting** in nature while **mindfully** engaging one's **SENSES** with the **environment**²³



millions of Canadians are **deficient** in



Vitamin D²⁷