

PAPER'S GUIDE TO

FOREST BATHING

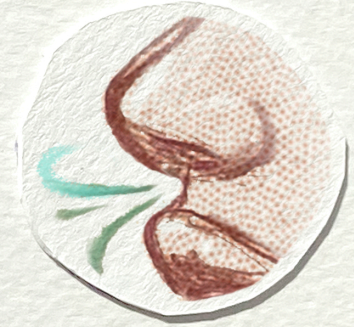
Forest bathing connects us to nature. But you know what else does? Paper. Because paper companies work with America's private forest landowners to grow and maintain forests at a rate nearly double the volume needed to make the paper and packaging you rely on every day. Use this guide to experience nature more fully, and as a reminder of all the good that paper does for the planet.



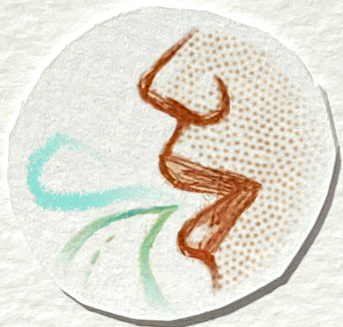
Listen for wildlife and the wind in the trees.



See how sunlight filters through the greenery.



Breathe in and smell nature's fragrance.



Taste the freshness in the air.



Feel the textures of the trees and ground.

 **Paper & Packaging**
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