

What is Forest Bathing?

The immersion into the atmosphere of natural environments that helps us find health and happiness!

As we walk and breathe in the organic compounds, known as phytoncides, from the trees and other plant life, the natural benefits we reap is a healing of our body, a calming of our mind, and a boost to our immune system.

Hippocrates

"Nature itself is the best physician."

Carolyn Hartfield

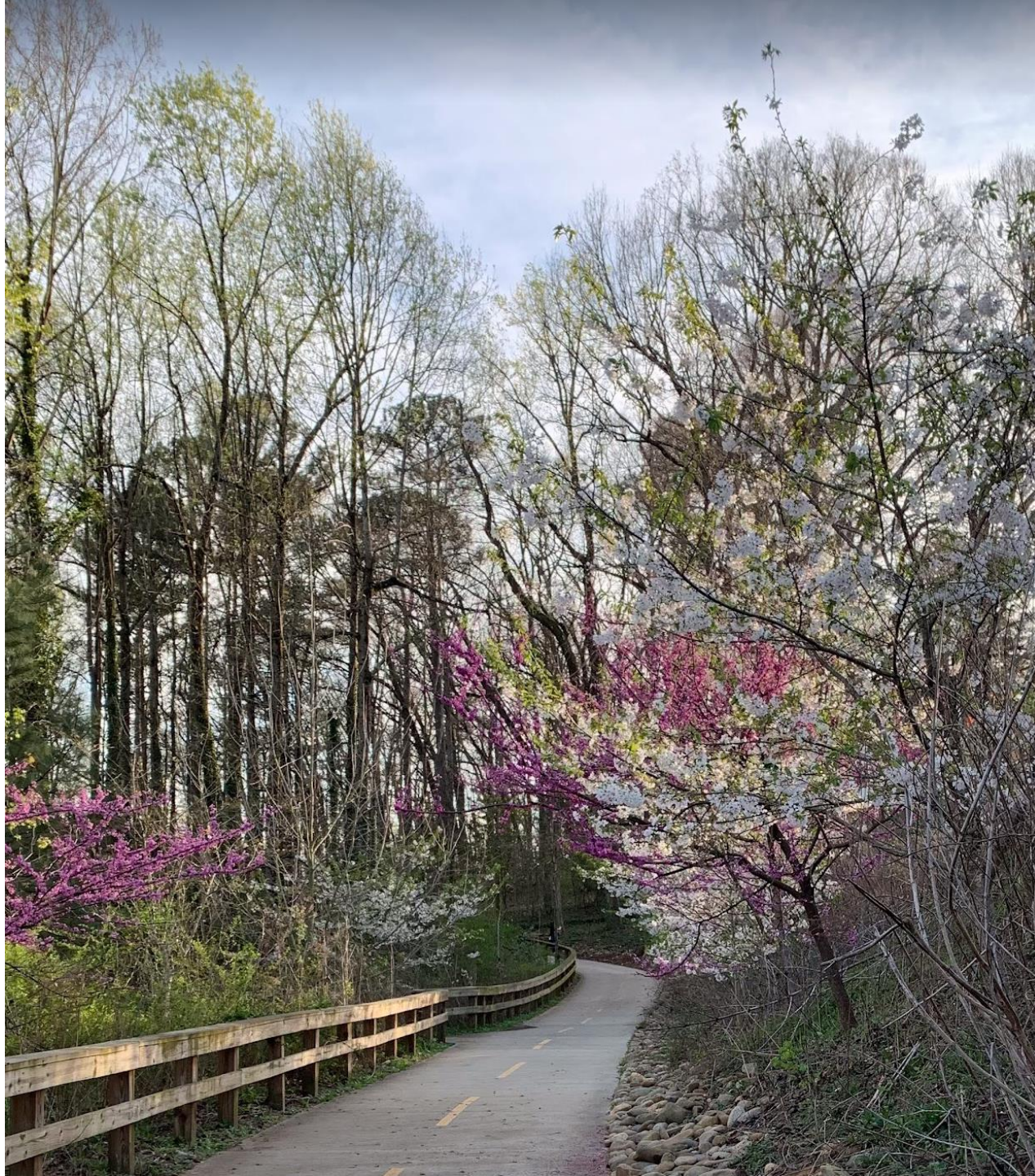


Theresa Hall



Karen Lindauer





















James 'JB' Bailey

Caregiver for Larry Grant

