





### Healthy forests mean healthy people (card)

DYK that being near trees can  
boost immune systems  
lower blood pressure  
reduce stress

Learn more about how forests are good for your health!

[bit.ly/UNForest](http://bit.ly/UNForest) #UNForests

### Forest products are used by billions (card)

Forests give us clean air, water, food, medicine, energy and countless products.

Learn how they sustain our lives .

Follow the UN Forum on Forests live on [webtv.un.org](http://webtv.un.org)

•

---