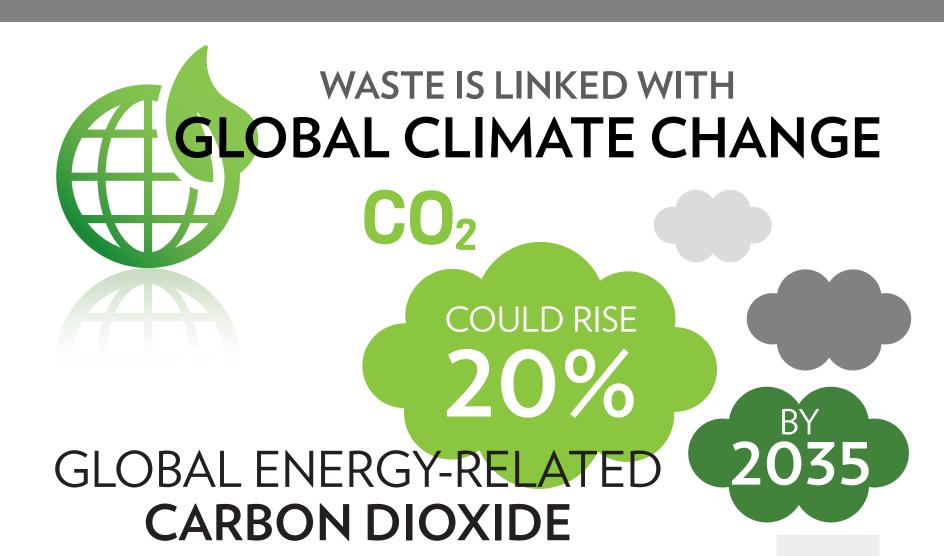
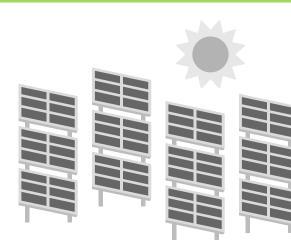
GOING GREEN

SAVE ENERGY. SAVE MONEY. SAVE THE PLANET







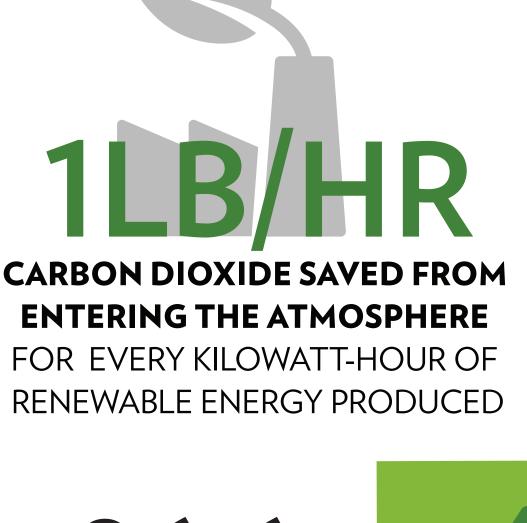




INVESTING IN ENERGY EFFICIENCY

COULD CUT ENERGY USED BY COMMERCIAL BUILDINGS BY







86.6 MILLION **TONS**



WHAT CAN YOU DO?

- Set computers to energy-saving settings and make sure to shut them down when you leave for the day. Furnish your workspace with furniture made from
- recycled materials. Find a plant for your workspace, plants absorb indoor
- air pollution and increase the flow of oxygen. Walk or bike to work. This saves on gas and improves
- cardiovascular health.
- Use a water filter to purify tap water instead of buying bottled water, which generates large amounts of

Consider getting a hybrid or carpooling to work.

container waste.

Practice™ GlatfelterHealthcarePractice.com

Glatfelter

Sources: ASE.org :: EPA.gov U.S. Department of Energy **Environmental Defense Fund**