

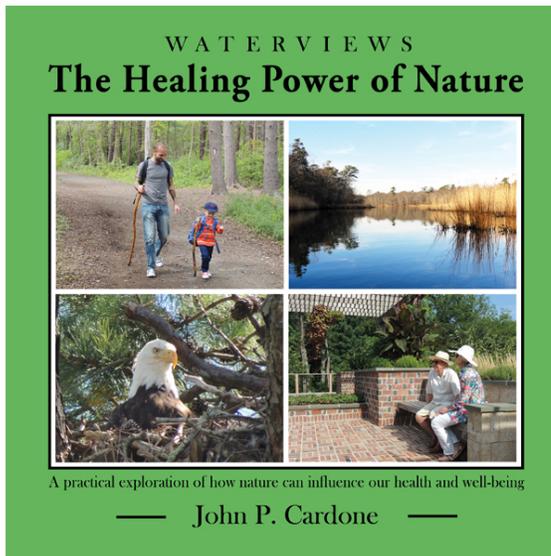
Waterviews

The Healing Power of Nature: A Practical Exploration of How Nature can Influence our Health & Well-being

by John P. Cardone

A 90 minute Lecture & Discussion in the
Art League of Long Island's Jeanie Tengelsen Gallery
Saturday, May 20 @ 1pm

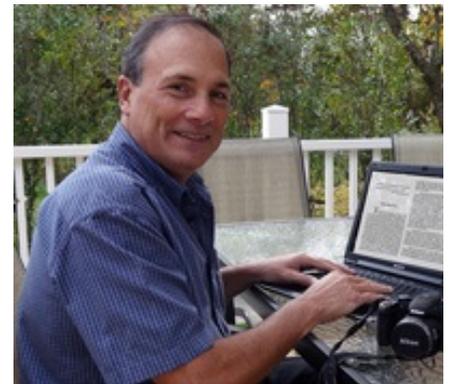
Event is Free and Open to the Public



Long Island Author, lecturer, and photographer John P. Cardone will get you thinking about spending more time outdoors as he uses a PowerPoint presentation to present the facts.

This lecture is based on John's research for his new book project entitled, *The Healing Power of Nature*. During his talk, John presents information on how spending time with nature can influence our health & well-being. Along the way, he calls on his over 30 years in healthcare education, his own fight with illness, and his years as a lover of the outdoors while presenting the scientific facts. Enjoy his nature photos of waterscapes and wildlife most taken while kayaking LI waters. Find out more about the importance of calming your mind, the health benefits of the outdoors, and why it is especially important to share this spirit with children—all of which will get you wanting to spend more time with nature.

In addition to teaching photography classes at the Art League of Long Island and The Islip Art Council's School of Cultural Arts, John has presented a number of lectures on nature – including: "The Nature Around Us", "The Carman's River: An Amazing Natural Beauty", "Finding Inspiration in Nature", and his personal favorite, "The Healing Power of Nature." He has been invited to speak at the Survivorship Meeting of the LI Chapter of the National Leukemia and Lymphoma Society, Long Beach Library, Levittown Library, Sachem Library, the Connetquot Public Library, the Half Hollow Hills Library, the Clark Botanic Gardens, the Nassau County Hiking and Outdoor Club, the Holtsville Wildlife & Ecology Center, the Great South Bay Audubon Society, and the Wertheim National Wildlife Refuge among others.



Sign up here or call (631) 462-5400 x222

**art
league**
of LONG ISLAND



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