

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

by John P. Cardone

Hosted by: _____

Address _____

Date and time _____

(Call to reserve your seat: phone number)

Long Island Author, lecturer, and photographer John P. Cardone will get you thinking about how nature can help you feel better physically and mentally as he uses a PowerPoint presentation to present the facts. This talk is based on John's research for his new book entitled, *The Healing Power of Nature*. During his talk, John presents information on how spending time with nature can influence your 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 wildlife and waterscapes, 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. A book signing will follow the presentation.

If everyone was required to read Cardone's Healing Power of Nature, the world would be a better and happier place. And I think our health insurance costs would be a lot lower as well.

Sal Randazzo, Retired Educator

In an age wherein technology and pharmacology purport to be the "cure" for all human ills, Cardone's new book reminds us that The Healing Power of Nature may be just what the doctor ordered. His graphic descriptions and scientific data serve as refreshing reminders that nature offers countless resources to soothe and sanctify.

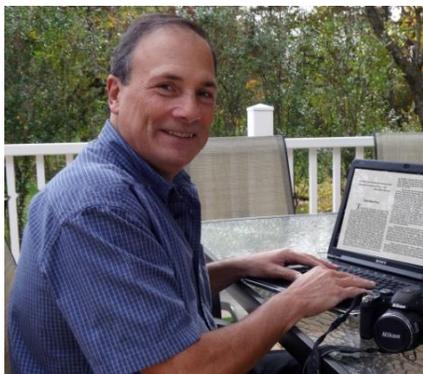
Richard C. Scheinberg, LCSW, BCD, Psychotherapist, Author, and Director of Sunrise Counseling Center, East Islip, NY

In this well crafted tome, John P. Cardone captures the true essence of how we as human beings benefit from the natural world around us. John eloquently demonstrates how animals, plants, gardens and the natural landscapes that we co-exist with are essential to our quality of life.

Vinnie A. Simeone, Director, Planting Fields Arboretum

Cardone knows first-hand the benefits of The Healing Power of Nature. His peaceful photos are not only beautiful, they capture the scents, light, shadows, textures, stillness, and colors of nature. It is a beautiful, informative book... I feel better already.

Charlee Miller, Executive Director, Art League of Long Island



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About John P. Cardone

As an author I am able to write about topics that interest me in ways that can help people explore their world... and as a photographer I can share the amazing experiences I encounter while in nature, however as a presenter, I can do both. For me, teaching about nature on Long Island is being inspirational—it means helping each person discover “nature close to home” while learning more about wildlife and the importance of protecting our waterways.

In my waterscape & wildlife images, I try to capture the beauty and spiritual magnificence of nature. My photographs represent a moment in time through unique natural settings and the amazing personalities of wildlife. I am particularly interested in how nature can calm people’s minds while they take a “time out” from their hectic, busy lives.

Bio:

John P. Cardone earned a BA and a MA from New York Institute of Technology in Old Westbury, NY. He is a writer/producer of educational and marketing videos and interactive media programs. His company, Hospital Video Network, Inc. founded in 1984 has served a long list of healthcare and business clients. In addition to his business, John is an author, a nature photographer, a wildlife photography instructor, and a lecturer on nature topics. He has been invited to speak at the Survivorship Meeting of the Long Island Chapter of the National Leukemia and Lymphoma Society, numerous public libraries and bookstores, the Clark Botanic Garden, the Nassau County Hiking and Outdoor Club, the LI Paddlers Club, the Holtsville Wildlife & Ecology Center, the Great South Bay Audubon Society, the Wertheim National Wildlife Refuge, and the Quogue Wildlife Refuge among other centers and organizations.

John’s nature photographs, most of which have been taken while kayaking LI waters, have been exhibited at art shows with the Northport Arts Coalition, the Good Ground Artists out of Hampton Bays, the Islip Arts Council, the Art League of Long Island, Levittown Library, Sachem Library, Connetquot Library, Half Hollow Hills Library, East Islip Library among others. John grew up in Astoria, NY moving to Long Island after his military service in 1970. He resides in Ronkonkoma, NY with his wife Kathy. They have two children and five wonderful grandchildren. John is proud to say he is the founder of the Long Island Authors Group and a cancer survivor.

