



Stress Relief by Nature

**A retreat to help comfort your mind, soothe your soul and calm chaos
Upcoming retreats on June 3 and October 7, 2019, 8:30-3:30 at
Kieve's Kennedy Learning Center on beautiful Damariscotta Lake**

Nature Nurtures. Do you want to reduce stress, experience tranquility, settle your nerves, increase your energy and productivity and disconnect? Connecting to the natural beauty we have, regardless of where we live and work helps us slow down, relax the mind, and release tension. During this workshop I will guide you to discover nature's powerful therapeutic source that helps us enhance our physical and mental well-being. You will walk away, embracing the simple pleasures of nature and experiencing how they can help slow the pace, settle nerves, soothe worries, and stimulate energy. Exposure to nature not only makes you feel better emotionally, it contributes to your physical wellbeing, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones. Nature is free and easy stress relief.

This retreat will help you find comfort by connecting with nature, even if you prefer not to venture too far into the woods, fields, streams, ponds and rivers. Experience the life-altering solitude of nature, the freedom and the opportunity to experience life from a different perspective, thereby developing a different version of yourself. Escape the pandemonium in order to thrive rather than survive, enjoying today while you have today to enjoy.

My hope is this retreat will allow you to slow down to benefit from the miracles that nature affords us every day. By doing so, awakening a peace within your heart that helps ease the chaos of life and allows you to soar to new heights, personally and professionally.

INVESTMENT: 125.00, lunch is included. To register, simply email Lee at lee@simplyputllc.com.

NOTE: This is a low impact workshop. Part of the appeal of this program is that it is highly accessible to people with a wide range of fitness abilities and conditions.

Simply Put, LLC

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Nature's peace calms chaos, comforting the mind, soothing the soul, and bolstering the body. Thirty years ago, I would have dismissed such thoughts as I raced through each day on life's treadmill, striving to get ahead. Reflecting, I ask myself, "get ahead of what?"

Fortunately I met a man, Tom, my husband of 29 years, who opened my eyes to the natural world; Mother Nature opened my heart, which was a motivating force for me to change my thoughts and my life. I now yearn to spend tranquil, thoughtful moments with nature. Even if the chaos of my life only affords me a few moments with nature's solace each day, those are moments I savor to provide sustenance to embrace and persevere challenges.



Society provides an extraordinary amount of competition, which drives us beyond our boundaries, contributing to stress, anxiety, and fatigue, to name a few. Once we enter the race to get ahead and are swept into the electronic world that consumes our every thought and drives us to habitually survive each day on auto-pilot, our perspective of what's most important and the power to think for ourselves is lost. The ability to escape the madness sometimes becomes impossible.

Nature speaks without words, but to hear its voice we must listen, look, and ponder. When we become more connected to the natural world, we become more connected to ourselves and each other. Nature surrounds us, even in our metropolitan areas. By learning to take a few minutes every day to disconnect by connecting with nature you will contemplate nature's power to stimulate your brain in a gentle manner that places our petty human fallibilities into perspective.

When Tom and I met in 1987 our mutual interest in lighthouses connected us. When we wed in 1989 we began our life together living in our dream home, a lighthouse on the Maine coast, which is documented in our multi-award-winning book, *Our Point of View-Fourteen Years at a Maine Lighthouse*, featuring Marshall Point Lighthouse in Port Clyde. Moving to our second dream home in 2002, a log cabin in the Maine woods, we created the book, *By a Maine River – A Year of Looking Closely*, which explores the natural beauty found in our own backyard.

As a professional speaker, photographer, award-winning author, and former lighthouse keeper, I am grateful for the opportunity to help others maximize the power they have within. I work with audiences locally, regionally, nationally and internationally and from many industries. The commonality with all my audiences, regardless of age, industry or experience is that people are people wherever I go, all searching for tips and tools to live more purposefully, control stress, and achieve the success they aspire to, personally and professionally.

At the age of seven I had my first serendipity, although I didn't realize it at the time. I was extremely shy and decided to overcome my fear of communicating. Since then I have challenged myself every day to speak up, write and conduct presentations to overcome my fears. My persistence paid off. After enjoying a successful 28-year career as a marketing and training executive, I have been President of my Company, Simply Put, LLC, for the last 10 years, specializing in presentations to help people nurture growth, change and prosperity and maximize their happiness and capacity, personally and professionally.

It would be my honor to help you live life rather than react to it.

Lee Ann Szelog

Lee has been featured in the following media:

- **CBS Sunday Morning News**, New York, NY
- **Country Living Magazine**, New York, NY
- **New England Cable News Network**, Boston, MA
- **WCVB –TV Chronicles**, Boston, MA
- **WCSH, WLBZ, WABI, WVII, WGME –TV**, Maine

