



Naples Preserve's 2024 Nature and History Talk Series

Free 10:00 a.m.

Phone: (239) 262-4290

e-mail: preserve@naplesgov.com



March 19: "Mangroves and Mermaids- Putting a Story to the Unknown", Ranger Jess Keller, Big Cypress National Preserve. **Sadly, due to a death in Ranger Keller's family, our program for this date has been changed to the following:**

Discovering the Healing Power of Nature: Mindfulness at Big Cypress National Preserve

Welcome to a world of serenity, tranquility, and rejuvenation – all tucked away in Big Cypress National Preserve. Join Ranger Jo McAlister as she dives into the benefits and skills of practicing mindfulness in this pristine environment, a practice that extends beyond adventure and sight-seeing. In this Ranger Talk, we will explore how mindfulness, set against the backdrop of a national park unit, becomes a transformative tool for nurturing your mental health. Step away from the chaos, breathe in the pure air, and embark on a journey of self-discovery through "Discovering the Healing Power of Nature: Mindfulness at Big Cypress National Preserve."

March 26: "Conservation Connections: Florida Panthers and Texas Ocelots", Zachary Wardel, Panther Biologist, Florida Fish and Wildlife Conservation Commission. His program will draw parallels between Florida panthers and ocelots – the US's two endangered felids – in terms of their ecology and conservation. (Note: The topic and speaker may change if Zachary is called out for field work.)