



Find balance and solutions through time in nature.

Nature is Medicine in Today's Busy and Distracted World

Learn how time in nature can decrease stress, increase creative thinking, promote better decision making and foster wellness.

Do you get overwhelmed by the amount of emails in your inbox? Do you try to turn it all off and take a break only to land in your social media accounts – yet again? In order to function at optimal levels the brain needs a break. Research shows that time in nature is just what the brain and the nervous system needs to restore itself. In this learn at lunch talk, discover the most recent re-search on how time in nature will help you gain an edge in today's busy distracted world. It's easier than you think!

In this 45 minute talk you will learn:

- How to undo the negative impacts technology has on your brain.
- The secret to manage stress, anxiety and depression in minutes.
- Time in nature can help you increase your critical thinking and decision making capacities.
- How to significantly increase your cancer fighting cells and promote health.
- The key elements needed to tap in the health benefits of the forest.

"I could listen to Ronna tell stories for hours! She is a great speaker and her topic was fascinating."

– M.T. City of Calgary



Ronna Schneberger has been an award winning master interpreter, naturalist, hiking guide in the mountain parks for 30 years. 10 years ago she became the first forest bathing guide in Banff National Park.

When not guiding tourists, she works with leaders, professionals and executives from all over the world using nature as the teacher to create powerful reflections and transformation. Ronna's unique nature programs use proven techniques to help people reset their mind and nervous system so they can reclaim calm and clarity. With our increasingly busy technological world, re-search shows it is the nature wise who have the advantage in business & life.

To Book Ronna Schneberger and for additional information contact:

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