



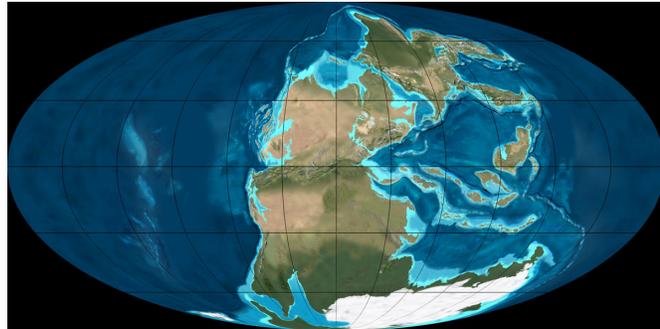
Appreciating Earth

Through Appreciating Earth I foster environmental awareness, scientific knowledge, & planetary appreciation. We all consciously & unconsciously change the environment, Earth education helps us understand how we impact our planet.

Join me to Appreciate Earth!

Awareness is a prelude to respect, projected into the world as appreciation

OLLI:
Supercontinent
Pangaea
June 27th, 2023
10am-12pm



Pangaea was the only supercontinent in Earth history that harbored life. Pangaea was not the first supercontinent, but the most recent in a lineage of supercontinents that have existed over the last 2.7 billion years. Geologists have discovered a planetary Supercontinent Cycle, but in this long history of supercontinent formation and destruction Pangaea was the only one to host life. Learn when Pangaea existed, how it changed the climate, and how life responded to its formation and destruction. Learn about the break-up of Pangaea and the related formation of Atlantic Ocean, the evolution of the Dinosaurs, and the natural disasters that were initiated by the supercontinental destruction. Life was never the same after Pangaea.

This lecture will focus on every aspect of Pangaea supercontinent as discovered in the geological record. This will be a great prequel to my Fall 2023 OLLI course: Journey of the Continents.

OLLI is a learning community for adults age 50+ years old
Join Me In Person: SSU Campus - Stevenson Hall 1102

Online registration deadline: Friday, June 23, 5 pm.

Phone registration deadline: Monday, June 26, 5 pm.

Register Online or By Phone 707-664-2691

Upcoming Appreciating Earth Geology Walks

Only for Appreciating Earth members! Join for free. Learn about time, rocks & Earth evolution in Sonoma County.

2023 Appreciating Earth Geology Walks...

The paperwork is in the works & a series of geology walks will be announced soon! In the meantime, inquire about a private group Earth exploration. Where do you want to explore as I continue to offer adventures around Sonoma County, to Marin County, & beyond?
Contribute your wish list to the Appreciating Earth poll !

Appreciating Earth Through Body Awareness

Somatic & alignment focused strength & flexibility movement classes



Appreciating Earth
Virtual Movement Classes
Monday evenings

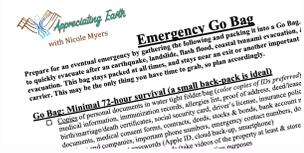


Blue Door
Yoga & Wellness
Tuesday & Thursday
evenings

Natural Disaster Preparedness

Are you prepared to interact with the environment at its most chaotic?
*My Laguna de Santa Rosa Foundation presentation "History of Natural Disasters in the Laguna de Santa Rosa Watershed" is **posted on my website** - get inspired to plan & prepare.*

Now is a great time to get prepared for future natural disasters. Take time to consider how you want to react in the case of an earthquake, flood, tornado, hurricane, or fire.



Step #1 pack your go bag

Step #2 make an evacuation plan

Step #3 practice your emergency plan

Step #4 create a comprehensive packing list

When stress levels are high, our memory is less reliable, so use near future low stress moments to plan, prepare & consider what items are important to you. Your list will be more reliable than your memory.

Overcome the Overwhelm - Book a 30-minute Natural Disaster Preparedness Consult with Nicole for \$25



Contact me at: nicolepele@hotmail.com or via www.appreciatingearth.com