

**Dec. 5, 2007****Find your own space at Pocono Trail Preserve Dec. 14**

Need a break from the frenetic pace of the holidays? Then join Brooke Elias, coordinator of Sarasota County's Environmentally Sensitive Lands Protection Program, at Pocono Trails Preserve in Nokomis, 9-11 a.m., Friday, Dec. 14. Elias will lead participants through a calming morning of stress reduction techniques that include guided meditation, yoga stretches and deep breathing exercises.

"With the holidays approaching, these scenic views, fresh air and sun-dappled trails can be a refuge from all the errands and shopping, cooking and cleaning," says Elias. "This is a great way to give yourself a chance to recharge and really enjoy the holidays."

Pocono Trail Preserve is one of many natural areas available through the county's environmental lands program. The site contains forest and shoreline along Shakett Creek that provide habitat for osprey, migrating songbirds and wading birds.

Space for this walk is limited to 20, so call to reserve a spot. If this trip is filled, future walks are available. Participants should wear comfortable walking shoes and dress warmly. Bring drinking water and a mat, blanket or towel large enough to lie down on.

Participants will meet at the Nokomis Community Center, 234 Nippino Trail at 8:45 a.m. and then walk two blocks to the Pocono Trail Preserve.

For more information about this or other nature walks, contact the Sarasota County Call Center at 941-861-5000 and ask for Natural Resources.