



Dr. Pam Stephens Lehenbauer

Author and Motivational Speaker

Dr. Pam Stephens Lehenbauer, Ph.D., MBA, MSN, PMHNP-BC is an epidemiologist, NP, researcher, and adjunct professor at Northern Kentucky University. She is a popular international speaker and thought leader on wellness and well-being, and how wonder, joy, and interacting with nature impact health and wholehearted living. Pam is the author of the book, *Wonder and Joy for the Wired and Tired*, the creative force behind the popular blog, *Mother Nature's Apprentice*, and is an award-winning Master Gardener, Conservationist, and Certified Home Landscaper.

SPEAKING TOPICS

Wonder & Joy for the Wired and Tired

Wellness vs. Well-Being

Finding Inspiration & Joy

Nature & Health

Gardening for Wildlife

Home Gardening

Landscape Gardening

WHAT PEOPLE ARE SAYING

"Quite simply the single best book for the month's Recommended Reading."

Diane Donovan - Donovan's Bookshelf Midwest Review

"Pam is revolutionary and invites you to forget all you know about the current wellness model and think about how simple and beautiful life is."

NetGalley

"Dr. Lehenbauer beautifully highlights the connection between nature, the world and universe around us, and our physical and mental health."

Dr. Dolores White - Past President of the Kentucky Nurses Association

"I'm still thinking about your awesome presentation at our conference."

Briana Posanka - St. Anselm College

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