



The Marine
Mammal Center®

The Marine Mammal Center advances ocean health through
marine mammal rescue and rehabilitation, research, and education.

Stewardship Saturday: Eyeing Elephant Seals

Thank you for joining us at January's Stewardship Saturday event in collaboration with The Marine Mammal Center and Año Nuevo State Park.

The Marine Mammal Center uses the ["What, So What, Now What" framework](#) to link its efforts to broader issues of ocean health and climate change. We've applied this framework to reflect on and highlight key takeaways from our recent event.

What?

What challenges are elephant seals facing in the ocean, at Año Nuevo State Park or at The Marine Mammal Center?

So What?

At Año Nuevo, we learned that elephant seals are truly remarkable creatures. Adults can dive as deep as a mile, slow their heart rates to just three beats per minute, and pups, surprisingly resilient, can survive without their mothers after only a month. However, despite these incredible adaptations, they face significant challenges in the wild with malnutrition being one of the most pressing issues. Many elephant seals are brought to the Center in poor health, often underweight or sick primarily due to environmental changes that disrupt their food sources and threaten their habitats.

Now What?

You can become a steward for elephant seals and the marine ecosystem through attending more [Stewardship Saturday](#) events or applying to become a [volunteer at The Marine Mammal Center](#).

During this event, the following next-step ideas were shared and we've provided resources to help you explore these topics in more depth.

- [Reducing plastic usage](#)
- [Responsible recycling](#)
- [Supporting sustainable seafood](#)
- [Recycling fishing gear](#)

To learn more about the Center's work and explore further opportunities to get involved, check out our [website](#).

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