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**Lauren Miller, Founder of Lifestyle Brand, CANT
STAY PUT, Celebrates 5 Years Since Embarking
on Life Changing Journey**



(ATLANTA, GA) - September 22, 2017 – Lauren Miller, Southwest Atlanta native, and Howard University graduate doesn't really remember a time when she wasn't on the go. She took her first solo flight at 5 which would later serve as the foundation for her brand and lifestyle. Like many other millennials, Lauren jumped into a safe career, but always yearned for more fulfillment. Five years ago, during her "quarter-life crisis," she prayed to God to reveal her purpose. Can't Stay Put was born.

Since CSP's inception, Lo has travelled over 40 countries, including: India, Iceland, Cambodia, Cuba, and Brazil, while paving the way for platforms such as Travel Noire, with whom she has closely worked with. This work attracted the attention of big name brands such as Toyota, Reebok, Mazda, EOS, Organic Root Stimulator, and more. Her story's been featured in a number of publications, including Blavity, XONecole, Huffington Post, Ebony, and many others.

In addition to her ability to garner attention from major brands, Lo has become a much sought after speaker. She's graced panels at GA Tech, SXSW, and General Assembly (GA & DC) to name a few. Lauren has built a loyal and engaged following from the ground up, with more than 25K IG followers and earning close to a million impressions during CSP Experiences.

She's developed relationships with people all over the world, and is determined to bring the authenticity back to travelling. Years ago, Lauren, who is a pioneer of the Black travel movement, was tapped to lend her expertise to Zim the founder of Travel Noire, helping to launch the first Travel Noire experience, in Brazil. Lo went on to produce content for Travel Noire, filming promo videos in South Africa, and beyond.

As she marks her five year anniversary, Lo has created the #NoFlightNecessary event series to diminish the superficiality found in travel by bringing the culture directly to the people. She's sharing real life experiences with travel enthusiasts everywhere, regardless of their finances, socio economic backgrounds, or follower count. Coined an Interactive, International Experience, No Flight Necessary is a 3 part event series and a multi-cultural showcase designed to stimulate all five senses. Interactive activities, specialty cocktails, photo backdrops, culinary treats, an international marketplace, global fashions, art and more. Several local influencers such as Bryanda Law, founder of Quirktastic Co., Anthony Cruver of Cruvie Clothing and Diamondde Williamson, co-founder of Blossom Network will also be joining the fun.



About Can't Stay Put:

CANT STAY PUT is a lifestyle brand & creative agency ignited by the experiences of Lo, an Inspirational Explorer. She creates content & products aimed to educate, inspire & influence individuals, especially people of color, to live a Can't Stay Put lifestyle. For Lo, and her followers, that means actively pursuing dreams & living in purpose, being committed to being a life-long learner, being intentional about seeing the world & being a global citizen, and constantly working to become the best version of yourself: mind body and soul, and being apologetically confident in who you are.

To learn more about Lo and CSP, visit cantstayput.com, and follow her at [@cantstayput](https://twitter.com/cantstayput). Tickets to NFN can be found here <https://www.eventbrite.com/e/no-flight-necessary-tickets-37818580392?aff=es2>