

HEALTH & WELLNESS BOOKCLUB

Meet every 1st and 3rd Wednesday of every month

PLACE: MONTECITO GROUP X ROOM

TIME: 3 P.M.

The Telomere Effect book club meetings will begin on January 2nd
Meeting Schedule and agenda:

- January 2nd Part I Author's note, Chapter 1 pages 1-41
- January 16th Chapter 2 & 3 pages 42-67
- January 30th Part II Chapter 4 pages 71-99
- February 6th Chapter 5 pages 100-137
- February 20th Chapter 6 pages 138-158, Chapter 7 pages 161-187
- March 6th Chapter 8 & 9 pages 188-223
- March 20th Chapter 10 pages 224-252
- April 3rd Part IV Chapter 11 pages 255-279
- April 17th Chapter 12 & 13 pages 280-315
- May 1st Renewal Lab and Conclusion pages 316-325

This New York Times bestselling book is authored by Dr. Elizabeth Blackburn, a molecular biologist, who in 2009 won the Nobel Prize in discovering Telomerase and Telomeres' role in the aging process and Dr. Elissa Epel, a health psychologist who has done original research into how specific lifestyles and psychological habits can protect telomeres, slowing disease and improving life.

