

BOOK CLUB VIRTUAL EVENT!

***Featuring a Q & A with award-winning author,
Dr. Roger Landry, MD, MPH***

BOOK: *The Official Summary of Live Long, Die Short*

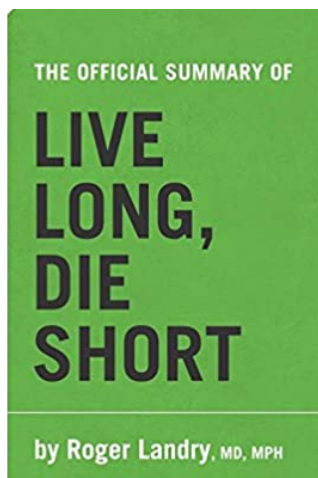
This summary distills the insights from Roger Landry's book *Live Long, Die Short*.

Over a decade ago, a landmark 10-year study by the MacArthur Foundation shattered the stereotypes of aging. Researchers found that 70 percent of physical aging - and about 50 percent of mental aging - is determined by the choices we make every day. That means that if we optimize our lifestyles, we can enjoy greater health and longevity. Dr. Roger Landry shows us how.

How to Join:

1. Listen to the FREE audiobook:
<https://bit.ly/3dyEpcb> OR Purchase a copy here: <https://amzn.to/3fJXVnS>
2. Register here: <https://bit.ly/35TPdyU>
3. We will send you a ZOOM invitation via email.
4. Click on invitation the day of the call to access meeting link.

**Thursdays at 10 am MT
June 4, June 11 & June 18**



Don't miss this opportunity to chat with the author while exploring key concepts and tips for living well!

Dr. Roger Landry, MD, MPH
Preventive Medicine Physician,
President of Masterpiece Living &
award-winning author

