

JOIN N GOOD HEALTH'S

BOOK CLUB

2025



Dive into three amazing books focused on unique wellness topics!

Each book will be discussed in a four-week session. Connect virtually with subject matter experts and engage in healthy content discussions to support your well-being journey.

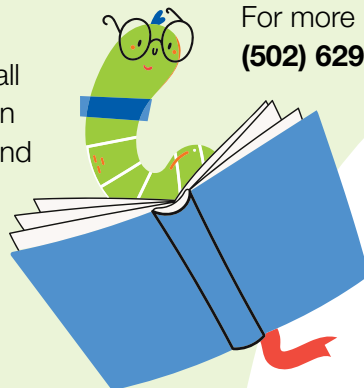
SESSION 1 (FEBRUARY): “The Blue Zones Secrets for Living Longer: Lessons From the Healthiest Places on Earth” by Dan Buettner

Explore how diet, lifestyle and outlook can extend and improve your life by learning about communities around the world where people regularly live to age 100 and beyond. Scan the **QR code** to sign up for the first session.



SESSION 2 (SEPTEMBER): “Why We Sleep: Unlocking the Power of Sleep and Dreams” by Matthew Walker, Ph.D.

Neuroscientist Matthew Walker explores all aspects of sleep and explains how we can use sleep to improve our energy, mood and health, and reduce the risk of disease.



SESSION 3 (OCTOBER AND NOVEMBER): “Built to Move: The Ten Essential Habits to Help You Move Freely and Live Fully” by Kelly Starrett and Juliet Starrett

Learn how to feel great and function well as you age while counteracting the effects of modern sedentary life.

PARTICIPATE IN ONE, TWO OR ALL THREE SESSIONS AND EARN UP TO 45 N GOOD HEALTH POINTS FOR EACH SESSION!

For more information, call N Good Health at **(502) 629-2114**.

