

Live Well, Live Long - Six Secrets

Course Description

Focusing on Dr. Gladys McGarey's book of engaging life and patient stories (written by her at age 102!), we will explore her six secrets of health and happiness through mini-lecture, questions/answers, and idea exchange. Additional information dealing with anti-aging and mood uplift will be presented in forms such as videos, articles, demonstrations, movement, and possible meet-up events.

The instructor is a certified life coach (retired) whose studies and sessions involved client mind-body optimizing as well as work in a focused area of the client's stated personal need and intention.

Course Goal: All will have the option to create a plan of action to enhance holistic daily living. Registrants will receive more course details in an email.

NOTE: It is possible that select week(s) rather than having a standard classroom meeting at WUMC, we will do an activity or use a special format at another location previously agreed upon and announced.

Weekly Layout:

Each week we will read approximately half a section of Dr. McGarey's book *The Well-Lived Life: A 102-Year-Old Doctor's Six Secrets to Health and Happiness*. Registrants will receive details in an email. Other reference/resource materials will also follow.