"The Blue Zones"
Healthy PSU Summer Book Discussion Groups
Frost Commons Lounge
12:05-12:50 PM

July 15 - The Blue Zones 2nd edition: 9 Lessons for Living Longer

August 5 - The Blue Zones: Solution (Released April 2015)

Click here to sign up by Monday, June 15

There will be a limited number of books available starting June 16 at the Lamson Library on a first-come, first-serve basis or can be purchased on your own via amazon. Both of these great books are written by Author, Dan Buettner. Light refreshments will be served!