

# Hygeia

## 2011 Book Club Schedule

**Mission:** to increase awareness in the community of how our personal health is impacted by our environment including the quality of the air we breathe, the food we eat, the water we drink, and the materials with which we live and work .

Books will be discussed on the first Tuesday of every even numbered month at 4:00 pm at Hygeia, 24 Hanover Street, Suite 11, Lebanon NH. Seating is limited so please let us know if you plan to attend by calling (603) 448-7344 or e-mailing [nurse@hygeaiwomen.com](mailto:nurse@hygeaiwomen.com).

We look forward to having you join us!!

<b>Date</b>	<b>Book</b>	<b>Author</b>
1 Feb 2011	Sleep to Save your Life	Gerard T. Lombardo and Henry Ehrlich
5 April 2011	The China Study	T. Colin Campbell, et al.
7 June 2011	Slow Death by Rubber Duck	Rick Smith and Bruce Lourie
2 Aug 2011	The Town that Food Saved	Ben Hewitt
4 Oct 2011	Not Just a Pretty Face	Stacy Malkan
6 Dec 2011	The Food Revolution	John Robbins and Dean Ornish, MD

All meetings are free and open to the public