

# 2019

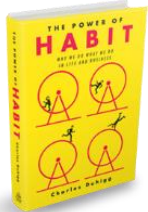
## Book List



# WELLNESS BOOK CLUB

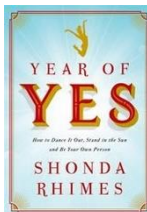
Make healthy strides in your own life by joining the Healthy Strides Wellness Book Club! This club is for adults, and meets at different **Fairfax County Public Library** sites each month. Book discussions will be led by a Healthy Strides Ambassador, on topics in health, fitness, nutrition and wellness. For more information on the Healthy Strides program, please visit [www.fairfaxcounty.gov/parks/healthy-strides](http://www.fairfaxcounty.gov/parks/healthy-strides).

For library locations, please visit [www.fairfaxcounty.gov/library/branches](http://www.fairfaxcounty.gov/library/branches).



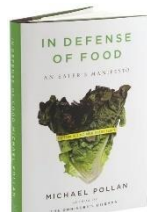
**January**  
**The Power of Habit**  
by Charles Duhigg

**JAN 29, 12 – 1 pm**  
Government Center  
Access Branch (rm 123C)



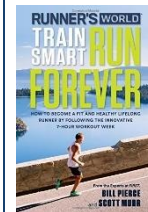
**February**  
**Year of Yes**  
by Shonda Rhimes

**FEB 04, 11 am – 12 pm**  
George Mason  
Regional Library



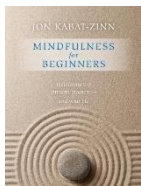
**March**  
**In Defense of Food**  
by Michael Pollan

**MAR 04, 11 am – 12 pm**  
George Mason  
Regional Library



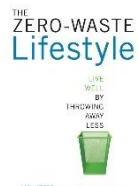
**April**  
**Train Smart, Run Forever**  
by Pierce & Murr

**APR 16, 7 – 8 pm**  
Centreville Regional  
Library



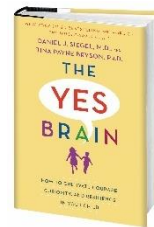
**May**  
**Mindfulness for Beginners**  
by Jon Kabat-Zinn

**MAY 20, TIME TBD**  
Lorton Library



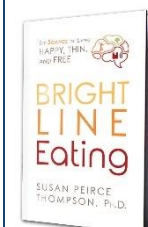
**June**  
**The Zero-Waste Lifestyle**  
by Amy Korst

**JUN 03, 11 am – 12 pm**  
Tysons-Pimmit Library



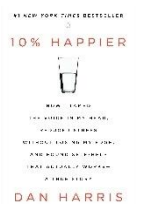
**July**  
**The Yes Brain**  
by Siegel & Bryson

**JUL 22, 11 am – 12 pm**  
Tysons-Pimmit Library



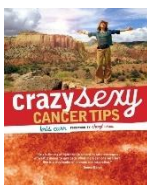
**August**  
**Bright-Line Eating**  
by Susan Pierce Thompson

**AUG 11, 1 – 2 pm**  
City of Fairfax Library



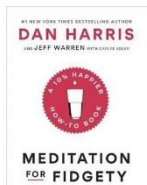
**September**  
**10% Happier**  
by Dan Harris

**SEP 15, 1 – 2 pm**  
City of Fairfax Library



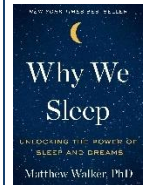
**October**  
**Crazy Sexy Cancer Tips**  
by Kris Carr

**OCT 13, TIME TBD**  
City of Fairfax Library  
Plus, *Crazy Sexy Cancer* film  
screening and cancer resource fair!



**November**  
**Meditation for Fidgety Skeptics**  
by Dan Harris

**NOV 04, 11 am – 12 pm**  
George Mason  
Regional Library



**December**  
**Why We Sleep**  
by Matthew Walker, PhD

**DEC 02, 11 am – 12 pm**  
George Mason  
Regional Library



Healthy Strides  
Sponsored By:



For accommodations, contact Inclusion and ADA Support at 703-324-8563. TTY 711.  
[www.fairfaxcounty.gov/parks/accessible](http://www.fairfaxcounty.gov/parks/accessible)



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