

# The Healthy Strides 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. Discussion on the featured books will be led by a Fairfax County Park Authority fitness and wellness expert, on topics in health, fitness, nutrition and wellness.

For more information, please visit [www.fairfaxcounty.gov/parks/healthy-strides](http://www.fairfaxcounty.gov/parks/healthy-strides).

- JAN** **The Blue Zones Solutions**, by Dan Buettner  
Also Recommended: *The Lucky Years*, by David Argus
- FEB** **Strong is The New Beautiful**, by Lindsey Vonn  
Also Recommended: *Women, Food, and Desire*, by Alexandra Jamieson
- MAR** **The Prediabetes Diet Plan**, by Hillary Wright  
Also Recommended: *21 Things You Need to Know about Diabetes and Weight-loss Surgery*, by Scott A. Cunneen
- APR** **The Oh She Glows Cookbook**, by Angela Liddon  
Also Recommended: *Food, Health, and Happiness*, by Oprah Winfrey
- MAY** **Relax into Yoga for Seniors**, by Kimberly Carson  
Also Recommended: *The Telomere Effect*, by Elizabeth Blackburn & Elisa Epel
- JUN** **Helping Your Child with Extreme Picky Eating**, by Katja Rowell  
Also Recommended: *Good Kids, Bad Habits*, by Jennifer Trachtenberg
- JUL** **The Woman in the Mirror**, by Cynthia M. Bulik  
Also Recommended: *Two Whole Cakes*, by Lesley Kinzel
- AUG** **Gluten Exposed**, by Peter Green  
Also Recommended: *Plants vs. Meats*, by Meredith Sayles Hughes
- SEP** **Vitamina**, by Neal Barnard  
Also Recommended: *The Cheese Trap*, by Neal Barnard
- OCT** **Walking the Weight Off for Dummies**, by Erin Palinski-Wade  
Also Recommended: *The First 20 Minutes*, by Gretchen Reynolds
- NOV** **The Upside of Stress**, by Kelly McGonigal  
Also Recommended: *Reclaim Your Brain*, by Joseph A. Annibali
- DEC** **The Mindfulness Mom-to-be**, by Lori Bregman  
Also Recommended: *Pregnancy for Dads*, by Joe Kelly

## 2018 SCHEDULE

- January 11 7 - 8:30 p.m.  
@ George Mason Library
- February 20 7:30 - 9 p.m.  
@ Patrick Henry Library
- March 24 11 a.m. - 12 p.m.  
@ Tysons-Pimmit Library
- April 8 2 - 3 p.m.  
@ City of Fairfax Library
- May 19 3 - 4:30 p.m.  
@ Centreville Library
- June 7 7 - 8:30 p.m.  
@ Martha Washington
- July 12 7 - 8 p.m.  
@ George Mason Library
- August 23 7 - 8:30 p.m.  
@ Reston Library
- Sept 22 11 a.m. - 12 p.m.  
@ Tysons-Pimmit Library
- Oct 13 10:30 a.m. - 12 p.m.  
@ City of Fairfax Library
- November 19 7 - 8:30 p.m.  
@ Lorton Library
- December 8 3 - 4:30 p.m.  
@ Centreville Library



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Thanks to our supporters!



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

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