

RE-SETTING RETIREMENT

with Dr. Del Haug

Dates: Thursday Evenings: February 11, 18, 25 & March 3, 2016

Time: 7:00 – 9:00 p.m.

Cost: \$10/session or \$30/series

Detail: **ADDING MEANING & ENERGY TO OUR RETIREMENT ...**

This series will use the book *Younger Next Year* by Crowley and Lodge as a source and guide for our discussions and sharing. This book will be available for purchase at Queen's House for an added cost of \$15 per copy. The focus of each session is outlined below:

Feb 11: **Health—Why Bother?**

Feb 18: **The Science of Exercise**

Feb 25: **Nutrition & Lifestyle:** Taming our cravings! “We are what we eat!”

Mar 3: **Taking Charge!** More Years in Your Life and more life in your years!!

Presenter: Dr. Del Haug is a local physician who retired a year ago after 45 years work as a family physician. His career was roughly divided into thirds as he conducted his medical practice in Outlook, Saskatoon, and Nepal. He is now passionately interested in sharing the scientific evidence that the aging process can be effectively delayed, and lifestyle vastly improved through wise choices.

Please join us as we spend time exploring the options before us that can contribute to the fullest, healthiest and most vibrant aging experience possible.

Register: **Please contact Queen's House:**

- **By Phone:** 306-242-1916 or
- **Email:** receptionist@queenshouse.org