

INAUGURAL
MALEK LECTURE
IN THE HEALTH PROFESSIONS



featuring

**Dr. Eileen O'Grady,
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**Promoting Generosity Toward the Self:
A Life Lived Well**

Thursday, November 10, 2011 • 7 p.m.

Reinsch Library Auditorium • Main Campus

Chronic illnesses affect our economy, our national productivity, and our own personal well-being to an astonishing degree. In order to reduce the risks associated with poor health, more emphasis must be placed on how we live, what we put into our bodies, how we move, and how we manage our inner lives. Explore a fresh way to view self-care and how to incorporate the science behind “learned optimism.”

JOIN US AS WE DISCUSS

- the pillars of a balanced life
- habits for happiness
- the anti-New Year's resolution
- lifestyle changes that work for you
- how to grow younger



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