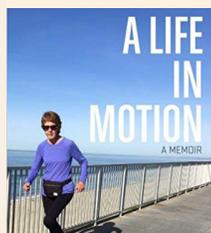


Good Life *Lecture Series*

Tuesdays • 12:30 – 1:30 p.m.

Carlsbad City Library • Schulman Auditorium • 1775 Dove Lane

Learn how to live your best life. Health and wellness experts share tips, tools and insight on how to improve your quality of life.



Oct. 2 ***A Life in Motion (Lynn Flanagan)***

Carlsbad legend Lynn Flanagan will share the inspirational story behind her new book, *A Life in Motion*. In her book, Lynn shares the challenges she faced as one of the first women to put on a major marathon in the U.S. and how she overcame an abusive marriage and went on to create successful events, such as the Carlsbad Marathon.



Oct. 9 ***Nutritional Secrets to Prevent Alzheimer's and Strengthen Your Memory (Angela R. Vittucci)***

Lost your keys lately? Do you enter a room and forget what you were looking for? Learn about practical diet tips, supplements, lifestyle changes and brain boosters that will effectively improve how you think, feel and respond.



Oct. 16 ***Stress Less (Rose Thomas)***

Learn how stress impacts our bodies and mind. We will discuss that impact and key nutrients you can use to support your body, mind and spirit. We will also use some acupressure and deep breathing techniques with the use of aromatherapy. Come prepared to stress less!



Oct. 23 ***How to Lose Weight After 40 (Dr. Philip Goscienski)***

Learn to develop a simple yet effective strategy for becoming leaner, livelier and longer-lived. Philip J. Goscienski, M.D. is a pediatric infectious diseases specialist with a 47-year career in clinical and academic medicine.



Oct. 30 ***Strategies for a Sustainable Income in Retirement (Scott McClatchey, CFP)***

Discover the strategies for building a sustainable retirement income to maintain your standard of living throughout retirement. It's easier than you think! Scott McClatchey is a wealth advisor and Certified Financial Planner™ in Carlsbad.

Free Admission

Seating is first come, first served.

760-602-2024 • www.carlsbadlibrary.org

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