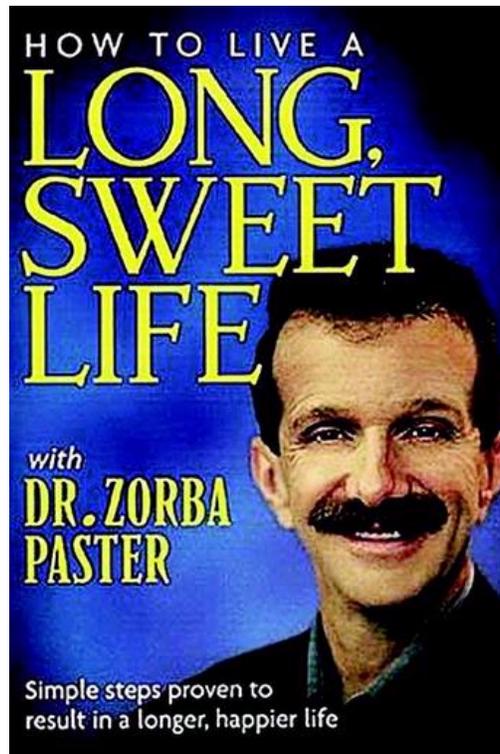


How to Live a Long, Sweet Life

Leonore Annenberg Lecture



Zorba Paster, MD, Professor of Family Medicine at the University of Wisconsin School of Medicine and host of the popular National Public Radio show On Your Health, will be the guest speaker at the 7th Annual Leonore Annenberg Lecture on Monday, January 28, 2013 at 3 p.m. The 45-minute lecture with a question and answer period will be held in the Galen Auditorium of the Annenberg Center for Health Sciences at Eisenhower. The presentation is free and open to the public.

In his presentation How to Live a Long, Sweet Life, Dr. Paster will introduce the five "spheres of wellness" that encompass all aspects of a person's life. He will discuss how the choices people make on a daily basis influence not only longevity, but also how well a person lives. He will use well-documented research that shows the importance of addressing all five of these areas in order to live a "long, sweet life."

Dr. Paster will discuss a wide array of common habits and activities and show how they affect health and longevity. Dividing them into busters and boosters, he will explain how to use simple but effective techniques to eliminate the busters in life and enhance the boosters in order to stay healthy and happy.

Combining his knowledge of Eastern and Western medicine, and using inspirational examples from his more than 20 years as a practicing physician, Dr. Paster will demonstrate how to write a prescription for a longer, healthier, more fulfilling life.

There will be ample time to answer questions from the audience during Dr. Paster's presentation. All guests are invited to meet Dr. Paster at an informal reception following the presentation.