



# COUNTY OF YOLO

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**FOR IMMEDIATE RELEASE**  
September 13, 2011

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## **Active Older Adult Book Group September 22**

(Woodland, CA) – The Mary L. Stephens Davis Branch Library, located at 315 East 14th Street in Davis, welcomes readers to the first Active Older Adult Book Group on Thursday, September 22, 11:00 a.m. to 12:00 noon in the Blanchard Room.

“Join us at the Davis Branch Library to meet active older adults interested in reading and discussing books on aging,” said Yolo County Librarian Patty Wong.

The featured title for this month will be Joan Chittister's, *The Gift of Years: Growing Old Gracefully*. The book group will discuss the full spectrum of aging including the burdens and blessing. Ms. Chittister is an internationally known writer and lecturer and the executive director of Benetvision, a resource and research center for contemporary spirituality. She currently serves as co-chair of the Global Peace Initiative of Women, a partner organization of the UN. She was also an advisor for the groundbreaking report "A Woman's Nation," led by Maria Shriver. Joan Chittister has written more than 40 books.

The active older adult book group will share resources on aging. Participants are welcome to bring materials they find helpful for aging with a good health and positive attitude, including having a healthy body and lifestyle, active mind and positive attitude.

No reservations are required. The Blanchard Room of the Mary L. Stephens Davis Branch Library is accessible for persons with disabilities. Presented by the Yolo County Library, all programs free. For more information, contact Joan Tuss (530)757-5588 or [joan.tuss@yolocounty.org](mailto:joan.tuss@yolocounty.org).

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